

Tex Mex Rice

Ingredients

1 cup (any rice you prefer)
1 large onion, finely chopped
3 garlic cloves, minced
1 tbspc coconut or avocado oil
2 tsp taco seasoning
1 1/2 tsp salt (more or less to taste)
Ground black pepper, to taste
3 medium zucchini, cut in half moon shapes
2 cups corn (frozen or canned)
14 oz can black beans, rinsed & drained
14 oz can diced tomatoes

Directions

- Cook rice as per package instructions.
While rice is cooking, prepare other ingredients and start cooking about half way rice is done.
- Preheat large dutch oven or soup pot on medium heat and swirl oil to coat. Add onion and garlic, and cook for 5 minutes, stirring occasionally. Add taco seasoning, salt and pepper, and cook for 30 seconds, stirring frequently.
- Add zucchini and cook for 3-5 minutes for al dente version or longer if you like your vegetables very soft. Add corn, black beans, diced tomatoes and fluffed with a fork previously cooked rice. Stir gently, turn off the heat and adjust seasoning and toppings to taste. Serve hot.