



Black Beans with Havarti Rice

INGREDIENTS:

1 1/2 tbl Olive oil
1 1/2 cup Chopped onions
1 tbl Finely chopped garlic
3 can (15-oz) black beans, drained
Salt
1/8 tsp Cayenne pepper
1 1/2 cup Chicken stock
1/4 cup Dry sherry
2 qt Water
2 1/2 cup Long-grain rice
4 oz Plain Havarti cheese
4 x -(up to)
6 tbl Chopped parsley, preferably Italian flat leaf
6 slc Turkey bacon, cooked until crisp, crumbled
3 med Tomatoes, seeded, diced

DIRECTIONS:

Heat olive oil in large heavy skillet over medium-high heat. When hot, add onions and cook and stir until softened, about 4 minutes. Add garlic and cook and stir 1 minute more. Add beans, 1/2 teaspoon salt, cayenne and stock and cook until liquid is reduced by half, several minutes. Remove from heat. Taste and add more salt and cayenne if desired. (Beans can be prepared a day, ahead. Cover and refrigerate. Reheat before serving.) Stir in sherry. When ready to serve, bring 2 quarts water to boil in large saucepan. Add rice and 1-1/2 teaspoons salt and cook until rice is tender, about 20 minutes, then drain well. Stir 3/4 of the Havarti cheese into rice and mix well. Taste and season with more salt if needed. Divide rice evenly on 4 dinner plates. Mound each serving of rice with some beans. Combine parsley, turkey bacon and tomatoes and garnish each portion with mixture. Sprinkle some remaining cheese over each serving. Makes 4 servings.

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