



## Rice and Beans

### Ingredients: (Serves 6)

½ cup dried black beans (or 1  
16 ounce can black beans)  
1 ½ cups brown rice, uncooked  
1 Tablespoon chili powder  
3 cloves garlic, minced

2 cups onion, chopped  
½ cup ketchup  
3 cups mozzarella cheese,  
1 cup cottage cheese  
Cheddar cheese, grated

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### Directions:

1. Cover beans in water and let soak overnight.
2. Cook for 1 ½ hours. Drain and discard the water.
3. Cook rice in 3 cups water in a covered saucepan for 40 minutes or until tender.
4. Mix cooked beans and rice together with everything except the cheeses.
5. Mix the mozzarella and cottage cheese together.
6. Layer the bean and rice mixture with the cheese mixture in a greased baking dish. The top layer should be the bean and rice mixture.
7. Bake for 30 minutes at 350 degrees.
8. Sprinkle with grated cheddar cheese before serving.