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doctor balot's white rice, black beans and green salad

serves 4

ingredients:

1/2 cup white rice
1/2 cup black beans .
1 leafy green salad
1 small white onion
1 small red onion
1 medium size tomato
6 teaspoons extra virgin olive oil

Saute diced white onion in medium sized pot in 2 tablespoon of olive oil for 2 minutes, add white rice, stir, cook for 2 more minutes, add 2 cups of water, bring to a boil, cover, lower heat, cook 20 minutes.

Cook beans covered in water 5 minutes in a separate pot, let stand one hour, drain off water then add 2 cups of fresh water, cook one hour or until beans are soft.

For the salad: tear salad into small pieces, dice red onion, quarter tomato, mix all ingredients together and add sauce.

For the sauce, mix 4 tablespoons of extra virgin olive oil with 2 tablespoons of balsamic vinegar.

