

Ingredients

2 cans Pinto Beans or
Black Beans, undrained
1/2 - 1 Jar Chunky Salsa, to taste
1 cup Rice
2 cups salted Water
Crushed Pepper (optional)



Directions

1. Heat beans in saucepan until heated through.
2. Prepare white, brown, or whole grain rice separately according to package directions.
3. In bowl, place one serving rice and top with bean/salsa mixture.

Variations

*Add 1 can drained sweet corn to bean/salsa pan.
1-2 cups of chicken or vegetable broth to make it more soup-like.*

Suggested Toppings (optional)

Avocado, sour cream, broken taco chips, a bit of crushed pepper, jalapeno, cilantro, lime juice, and/or shredded cheese.

Servings: 4

WHERE IS THE LOVE?



IT'S IN THE MOMENTS THAT YOU SHARE
A MEAL WITH YOUR FAMILY & FRIENDS

For some time, the Holy Spirit has stirred our hearts to find opportunities to serve our Lord—to serve outside of our families, friends, and our Church—to reach out beyond the bubble of our neighborhood, not just as a matter of duty or obligation, but as an act of gratitude to God for His abundance and blessings and in obedience to His second greatest commandment to “love others” and His words, “Let each of you look not to your own interests, but to the interests of others.” God calls us from selfishness to care for one another, to share our time, our energy, and our talents. We truly believe that this openness and willingness comes directly from our Lord, and as a result, He led us to the [Pensacola Dream Center](#). It was not by chance that we came across the Center’s website; it was not by chance that we expressed our interest on this site; and it was not by chance that we were called and asked to serve in the Dream Center’s food pantry. We believe this was a door opened by the Lord. Plus, we enjoy cooking! This rice and beans dish has been a staple meal since we were children. It is not only nutritious, but also comforting and delicious. It is also easy to prepare and inexpensive, which was helpful to us because we grew up very poor and our single mother of three had to make much out of very little, which she did. We hope you enjoy it as much as we still do. Share the love... [#MealKitMoments](#) [#PensacolaDreamCenter](#)

*Sheila & Maria, Sisters and PDC Food Pantry
Volunteer Team*



"Meal Kit Moments" Table Topics

If you grew up with siblings, what are some of your favorite memories? Were there any privileges or setbacks by being the youngest or oldest? Do you remember a time that you were protective over them? How has your relationship changed over the years? Have you had friends that you bonded so tightly with that took on an honorary sibling role?