

ISLAND RICE W/BLACK BEANS

1 c canned black beans (rinsed & drained)	½ c chopped green or red pepper
3 c uncooked rice	1 T salad oil
1 large onion, chopped	8 oz unsweetened coconut juice
1 c chopped celery	7 c hot water

Brown onions, pepper & celery in oil. Mix all ingredients in greased large casserole with tight fitting lid. Bake in 350° oven 45 minutes until liquid is absorbed and rice is tender. Add water if necessary. May be cooked on top of stove over medium heat for same time.

Serves 6-8.