



at the
foot of the cross

A Lenten journey from Family Rosary

As you and your family journey through Lent, we offer a few recipes to help you abstain from meat. May the sacrifice of meatless meals, guide your family to grow in holiness together.

Yellow Rice with Black Beans and Corn

Instructions:

Yellow rice mix, enough for 12 servings

15-oz. can of black beans, drained

12-oz. frozen corn

Shredded cheddar cheese

**Makes 10 servings.*

Directions:

Prepare rice according to package directions. Stir in beans and corn. Cook on low 10 minutes or until corn and beans are heated through. Serve with shredded cheddar cheese sprinkled on top.

Optional: Add a small can of jalapeños, drained. Also, serve with sour cream and/or tortilla chips.

If it's not Friday, you could add 2 cups cubed, cooked chicken with the beans and corn.

Note from the contributor, Carolyn Astfalk:

Necessity is the mother of invention, so they say. Necessity created this recipe. Running on about four hours of sleep and failing to get to the grocery store before the kids got off of their buses, I scrambled for what to feed our family before we had to rush out for haircuts and a Scout meeting. I nosed through cupboards and our make-shift pantry in the basement and came up with this easy, flexible recipe. Using a Spanish-style yellow rice mix, I added enough protein and vegetables to make it a meal. And my kids, ages five to fifteen, loved it!

