

## Mexican Rice

**2 TBSP. CORN OIL (OR OLIVE OIL)**  
**1 CUP UNCOOKED REGULAR LONG-GRAIN RICE**  
**1 MEDIUM ONION, CHOPPED.**  
**2 1/2 CUPS WATER**  
**1 1/2 TSP. SALT**  
**3/4 TSP. GROUND CUMIN**  
**1 CUP SALSA (HERDEZ IS MY FAVORITE!)**

Preheat a skillet, then add the oil, rice, and onion. Stir until rice is golden brown and onion is tender. Then, stir in the remaining ingredients and heat to boiling. Reduce heat to low, then cover and simmer for 30 minutes, stirring occasionally.

## Refried Beans

**16 OZ. COOKED PINTO BEANS & 2 CUPS BEAN BROTH**  
**1/2 C. DEHYDRATED ONION OR 1 MED. ONION, DICED**  
**2 TSP. ONION POWDER**  
**2 TBSP. BADIA FAJITA SEASONING**  
**2 CUPS SHREDDED MEXICAN CHEESE BLEND**  
**8 OZ. SOUR CREAM (OR MAYO)**

Mix all ingredients together with an electric mixer until blended well.