RECIPe Jagaeida "Jag" - Beans and Rice
From Cape Verde

Ingredients:

3 cups converted rice (Prefer Uncle Ben's Rice)
6 cups chicken broth or water
2 tbsp. olive oil
1 medium onion, chopped
1 - 15 oz. can chili con carne (original with beans)
2 - Bay Leaves
Salt \ Pepper to taste
In a 2 qt. pot, sauté the chopped onion in the oil and brown until translucent and tender. Add the 6 cups of water or broth and bring to a full boil. Add the salt, pepper, chili con carne, bay leaves. Reduce the heat to low and add the rice. Cover and simmer for 25-30 min. or until the water is absorbed and the rice is thoroughly cooked.