

”What a story, Mark!” I laughed, my friend having just told me a story, harrowing but short, and strangely lacking in detail, of a woman who, her indiscretions having been discovered by one of her many illicit lovers, was savagely beaten by said lover. Anyway, I didn’t have to worry about anything like that. I knew Lisa was loyal, even though she had falsely claimed that I assaulted her. But I did not hit her, it’s not true. It’s bullshit. I did not hit her. I did not.

Thoughts and doubts swirling, I sat on my steel patio chair on the roof in the smog and started thinking about my favorite rice and beans recipe. Boy do I love rice and beans, and I’m sure you do too.

Here’s my favorite rice and beans recipe, for those days when you just don’t know what’s going on.

Ingredients

- Beans
- Rice

Method

1. Cook beans
2. Cook rice
3. Add beans to rice