



Black Beans and Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 30 ounce black beans undrained canned
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 teaspoons kosher salt
- ☐ 2.5 tablespoons olive oil

- ☐ 1 cup onion chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 cups rice long-grain

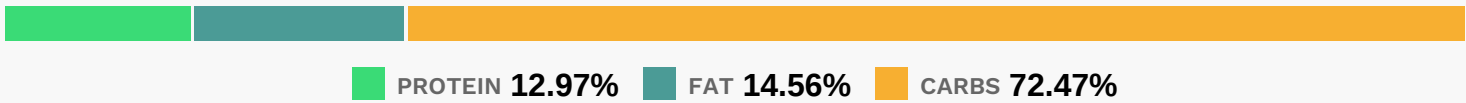
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a medium saucepan, combine 4 cups of water with 1 teaspoon of the salt and 1 teaspoons of the olive oil. Bring to a boil. Stir in the rice, cover, and reduce heat to low. Cook for 20 minutes or until the rice is tender. In a large saucepan, heat the remaining olive oil over medium heat. Saut the onion, green or red pepper, and garlic until the vegetables have softened, about 5 minutes.
- ☐ Add the beans, broth, vinegar, bay leaves, black pepper, cumin, and remaining salt. Cover and bring to a boil. Reduce heat to low and let simmer for 10 minutes; remove the bay leaves. Spoon the beans over the rice and sprinkle with the scallions, if desired.
- ☐ Serve warm.Tip: For a quick black bean soup, follow this recipe. Then remove the bay leaves and process the mixture in a blender or food processor until smooth. Instead of serving it with rice, spoon a dollop of sour cream onto each serving and sprinkle with sliced scallions.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:30.37, Inflammation Score:-5, Nutrition Score:14.642608646465%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 422.43kcal (21.12%), Fat: 6.79g (10.45%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 76.06g (25.35%), Net Carbohydrates: 64.94g (23.61%), Sugar: 1.39g (1.54%), Cholesterol: 0.78mg (0.26%), Sodium: 1469.85mg (63.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Manganese: 1.11mg (55.35%), Fiber: 11.12g (44.49%), Folate: 96.6µg (24.15%), Phosphorus: 236.46mg (23.65%), Copper: 0.43mg (21.61%), Iron: 3.44mg (19.11%), Vitamin B1: 0.27mg (17.7%), Magnesium: 69.27mg (17.32%), Selenium: 11.65µg (16.64%), Potassium: 564.88mg (16.14%), Vitamin B2: 0.23mg (13.69%), Vitamin B6: 0.23mg (11.45%), Zinc: 1.54mg (10.24%), Vitamin B3: 2mg (9.99%), Vitamin B5: 0.93mg (9.33%), Calcium: 79.62mg (7.96%), Vitamin C: 6.26mg (7.59%), Vitamin E: 0.93mg (6.23%), Vitamin K: 3.98µg (3.79%)