



Black Beans and Rice

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



659 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 75 ounce black beans divided canned
- ☐ 8 servings toppings: cheddar cheese fresh shredded sour sliced chopped
- ☐ 14 ounce chicken broth canned
- ☐ 5 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons jalapeno minced seeded

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1 tablespoon red wine vinegar
- ☐ 8 servings salt to taste
- ☐ 6 ounce tomato paste canned
- ☐ 2 cups rice long-grain white uncooked

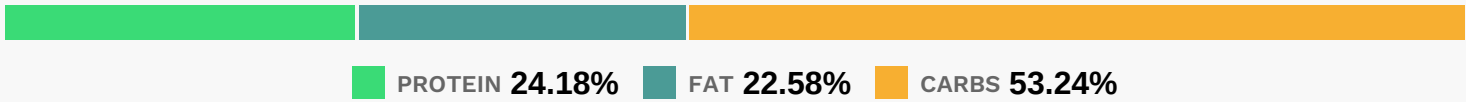
Equipment

- ☐ dutch oven

Directions

- ☐ Cook rice according to package directions; keep hot.
- ☐ Rinse and drain 3 cans black beans. (Do not drain other 2 cans.)
- ☐ Saut onion and next 4 ingredients in hot oil in a Dutch oven over medium-high heat 5 minutes or until tender. Stir in drained and undrained beans, chicken broth, and next 5 ingredients. Bring to a boil; reduce heat, and simmer uncovered, 30 minutes, stirring occasionally.
- ☐ Add salt to taste.
- ☐ Serve with hot cooked rice and desired toppings.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:23.68, Inflammation Score:-9, Nutrition Score:30.559564953265%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.51mg,

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Nutrients (% of daily need)

Calories: 658.82kcal (32.94%), Fat: 16.53g (25.44%), Saturated Fat: 7.34g (45.88%), Carbohydrates: 87.72g (29.24%), Net Carbohydrates: 67.41g (24.51%), Sugar: 2.75g (3.06%), Cholesterol: 54.81mg (18.27%), Sodium: 1686.67mg (73.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.69%), Fiber: 20.31g (81.24%), Manganese: 1.27mg (63.44%), Phosphorus: 576.51mg (57.65%), Folate: 186.07µg (46.52%), Vitamin C: 35.08mg (42.52%), Selenium: 28.64µg (40.92%), Iron: 6.78mg (37.64%), Copper: 0.71mg (35.72%), Calcium: 345.95mg (34.59%), Magnesium: 132.92mg (33.23%), Vitamin B2: 0.56mg (32.85%), Potassium: 1126.01mg (32.17%), Vitamin B1: 0.46mg (30.41%), Zinc: 4.46mg (29.73%), Vitamin B6: 0.49mg (24.32%), Vitamin B3: 4.12mg (20.58%), Vitamin A: 889.42IU (17.79%), Vitamin B12: 0.81µg (13.57%), Vitamin B5: 1.23mg (12.3%), Vitamin E: 1.27mg (8.47%), Vitamin K: 5.97µg (5.68%), Vitamin D: 0.23µg (1.53%)