



Black Beans and Yellow Rice



Gluten Free



Dairy Free

READY IN



653 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 4 ounces black beans dried
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 jalapeno minced
- ☐ 1.5 cups onion chopped

- ☐ 1 orange bell pepper chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 4 ounces chorizo spanish thinly sliced
- ☐ 3 cups tomatoes fresh chopped
- ☐ 6 cups water divided

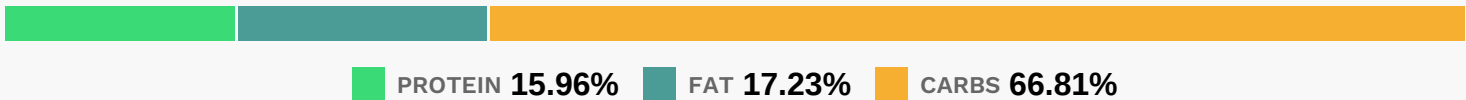
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Sort and wash beans; place in a bowl. Cover with water to 2 inches above beans; let stand 8 hours.
- ☐ Drain.
- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chorizo; saut for 3 minutes.
- ☐ Add beans and 4 cups water; bring to a boil. Reduce heat, and simmer 2 1/2 hours or until beans are tender. Stir in 1/4 teaspoon salt, 1/4 teaspoon black pepper, and cumin.
- ☐ Heat a medium skillet over medium heat. Coat pan with cooking spray.
- ☐ Add 1 1/2 cups onion, bell pepper, jalapeo, and garlic; cook 8 minutes, stirring occasionally. Stir 1/4 teaspoon black pepper and onion mixture into bean mixture.
- ☐ Bring 2 cups water to a boil in a small saucepan over medium-high heat. Stir in 1/4 teaspoon salt, rice, and turmeric. Cover, reduce heat, and simmer 20 minutes or until liquid evaporates and rice is tender. Spoon 3/4 cup rice into each of 4 bowls, and top each serving with about 2/3 cup bean mixture, 3/4 cup tomato, and 1 1/2 teaspoons cilantro.

Nutrition Facts



Properties

Glycemic Index:80.55, Glycemic Load:25.23, Inflammation Score:-10, Nutrition Score:21.483478048573%

Flavonoids

Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg, Malvidin: 3.01mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

Nutrients (% of daily need)

Calories: 403.17kcal (20.16%), Fat: 7.73g (11.89%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 67.43g (22.48%), Net Carbohydrates: 59.21g (21.53%), Sugar: 7.56g (8.4%), Cholesterol: 17.72mg (5.91%), Sodium: 322.38mg (14.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.21%), Vitamin C: 62.54mg (75.81%), Manganese: 1.12mg (55.89%), Folate: 172.64µg (43.16%), Vitamin A: 2023.93IU (40.48%), Fiber: 8.22g (32.88%), Potassium: 913.34mg (26.1%), Vitamin B1: 0.38mg (25.22%), Copper: 0.5mg (25.16%), Vitamin B6: 0.44mg (22.1%), Magnesium: 87.54mg (21.88%), Phosphorus: 209.59mg (20.96%), Iron: 3.1mg (17.2%), Vitamin K: 13.89µg (13.22%), Zinc: 1.98mg (13.19%), Selenium: 8.47µg (12.11%), Vitamin B3: 2.39mg (11.96%), Vitamin B5: 1.02mg (10.16%), Calcium: 91.47mg (9.15%), Vitamin E: 1.34mg (8.92%), Vitamin B2: 0.15mg (8.57%)