



## Bolo's Black Beans and Rice

 Gluten Free

READY IN



615 min.

SERVINGS



8

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound black beans picked over
- 2 cups cilantro leaves fresh
- 1 ham hock
- 1 cup olive oil
- 1 tablespoon olive oil
- 1 onion diced spanish finely
- 0.5 cup parmigiano-reggiano grated
- 3 tablespoons pinenuts

- 8 cloves roasted garlic
- 8 servings salt and pepper black freshly ground
- 4 tablespoons butter unsalted divided
- 2.8 cups water
- 1.5 cups rice long-grain white

## Equipment

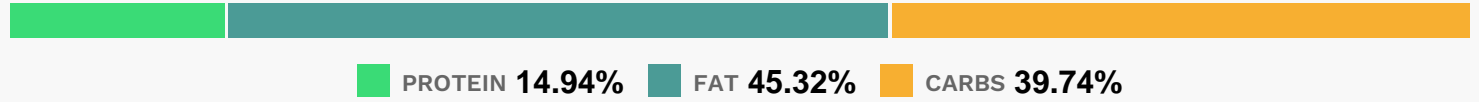
- food processor
- bowl
- frying pan
- sauce pan
- pot

## Directions

- Soak beans overnight in large bowl of cold water.
- Drain, transfer to a large saucepan and cover with cold water by 2 inches.
- Add the ham hock, bring to a boil over high heat, then reduce to medium heat and simmer until tender, 1 to 1 1/2 hours.
- Drain and set aside.
- Heat 2 tablespoons of the butter and oil in a medium saucepan over high heat until the butter has melted.
- Add the onion and cook until soft, 3 to 4 minutes.
- Add the rice and stir to coat in the mixture.
- Add 2 3/4 cups water and 1 tablespoon of salt (or to taste), stir and bring to a boil over high heat. Reduce the heat to medium, cover the pan and cook until the water is absorbed and the rice is tender, about 15 minutes.
- Remove from the heat and let sit, covered, for 5 minutes.
- Remove the lid, fluff the rice.
- Transfer the beans and rice to a large pot, add the pesto, remaining butter and about 1/4 cup of water and cook until the water is absorbed. Season with salt and pepper.

- Combine cilantro, pine nuts and garlic in a food processor and process until coarsely chopped. With the motor running, slowly add the olive oil and process until combined.
- Add the cheese, salt and pepper and pulse a few times to incorporate.
- Transfer to a bowl.

## Nutrition Facts



### Properties

Glycemic Index:29.9, Glycemic Load:19.89, Inflammation Score:-6, Nutrition Score:12.717826073584%

### Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

### Nutrients (% of daily need)

Calories: 445.43kcal (22.27%), Fat: 22.48g (34.59%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 38.4g (13.97%), Sugar: 0.88g (0.98%), Cholesterol: 42.46mg (14.15%), Sodium: 163.53mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.34%), Manganese: 1.06mg (52.92%), Fiber: 5.96g (23.83%), Folate: 94.38µg (23.59%), Phosphorus: 196.54mg (19.65%), Vitamin K: 19.63µg (18.69%), Magnesium: 64.81mg (16.2%), Copper: 0.29mg (14.26%), Vitamin B1: 0.19mg (12.95%), Iron: 2.27mg (12.63%), Calcium: 119.78mg (11.98%), Potassium: 403.32mg (11.52%), Selenium: 7.96µg (11.37%), Vitamin E: 1.7mg (11.33%), Zinc: 1.52mg (10.14%), Vitamin A: 499.24IU (9.98%), Vitamin B6: 0.17mg (8.27%), Vitamin B5: 0.6mg (5.96%), Vitamin B2: 0.1mg (5.63%), Vitamin B3: 1.11mg (5.54%), Vitamin C: 3.06mg (3.71%), Vitamin B12: 0.09µg (1.45%)