



 **57%**  
HEALTH SCORE

## José's Black Beans & Rice

 **Gluten Free**  **Dairy Free**

READY IN



**256 min.**

SERVINGS



**8**

CALORIES



**935 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 slices bacon diced thick
- 2 bay leaves
- 8 servings black beans
- 64 oz chicken broth
- 8 servings rice hot cooked
- 16 oz black beans dried
- 1 cup cilantro leaves fresh chopped
- 1 tablespoon cilantro leaves fresh chopped

- 2 garlic cloves minced
- 3 garlic cloves minced
- 7 garlic cloves
- 1 bell pepper green coarsely chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 0.5 cup olive oil
- 1 tablespoon olive oil
- 1 tablespoon orange juice fresh
- 1 plantains cut into 1/2-inch cubes
- 8 servings fried plantain and mojo
- 1 bell pepper red chopped
- 2 tablespoons roasted bell peppers red chopped
- 1 teaspoon salt
- 2 shallots coarsely chopped
- 1 tablespoon paprika smoked
- 1 tablespoon tomato paste
- 2 tablespoons tomato sauce
- 8 servings vegetable oil
- 1 large onion yellow chopped
- 8 servings sofrito
- 8 servings sofrito

## Equipment

- food processor
- frying pan
- paper towels
- sauce pan
- whisk

dutch oven

## Directions

- Place beans in a large Dutch oven; add water to depth of 2 inches above beans. Bring to a boil. Boil 1 minute; cover, remove from heat, and let stand 1 hour.
- Drain.
- Cook bacon in Dutch oven over medium heat, stirring often, 8 to 10 minutes or until crisp.
- Remove bacon, and drain on paper towels; reserve drippings in Dutch oven.
- Add onion, 3 garlic cloves, and red bell pepper to hot drippings; cook, stirring often, 10 minutes or until tender.
- Add broth, next 3 ingredients, and beans; bring to a boil over medium-high heat. Reduce heat to medium-low. Simmer, stirring occasionally, 2 hours or until beans are tender.
- Pour vegetable oil to depth of 1 inch in a 10-inch cast-iron skillet; heat to 34
- Fry plantain 2 to 3 minutes or until golden.
- Drain on paper towels.
- Prepare Mojo: Stir together 2 garlic cloves and next 3 ingredients.
- Heat 1/2 cup olive oil in a small skillet over medium heat 2 to 3 minutes; whisk into juice mixture.
- Add salt and pepper to taste.
- Prepare Sofrito: Pulse 7 garlic cloves and next 3 ingredients in a food processor until finely chopped. Saut garlic mixture in 1 Tbsp. hot olive oil in a medium saucepan over medium-high heat 5 to 7 minutes.
- Add paprika and next 3 ingredients; saut 1 minute.
- Spoon desired amount hot cooked rice onto individual serving plates. Top each with 1 cup black bean mixture and 1 Tbsp. Sofrito.
- Drizzle each with 1 Tbsp. Mojo.
- Sprinkle with bacon and plantain cubes.

## Nutrition Facts

 PROTEIN **12.09%**  FAT **25.84%**  CARBS **62.07%**

## Properties

Glycemic Index:69.25, Glycemic Load:29.42, Inflammation Score:-10, Nutrition Score:47.515217094318%

## Flavonoids

Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg, Petunidin: 8.74mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg, Malvidin: 6.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

## Nutrients (% of daily need)

Calories: 934.88kcal (46.74%), Fat: 27.98g (43.05%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 151.21g (50.4%), Net Carbohydrates: 129.44g (47.07%), Sugar: 40.5g (45%), Cholesterol: 15.43mg (5.14%), Sodium: 1343.3mg (58.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.9%), Folate: 444.65µg (111.16%), Manganese: 1.95mg (97.54%), Vitamin K: 99.05µg (94.33%), Vitamin C: 76.53mg (92.77%), Fiber: 21.77g (87.09%), Potassium: 2430.25mg (69.44%), Vitamin A: 3467.31IU (69.35%), Vitamin B1: 1mg (66.85%), Magnesium: 255.89mg (63.97%), Vitamin B6: 1.04mg (52.11%), Copper: 0.97mg (48.51%), Phosphorus: 482.82mg (48.28%), Iron: 6.93mg (38.49%), Vitamin B2: 0.52mg (30.65%), Zinc: 4.41mg (29.39%), Vitamin B3: 4.9mg (24.52%), Selenium: 17.07µg (24.38%), Vitamin B5: 1.93mg (19.3%), Vitamin E: 2.86mg (19.05%), Calcium: 142.59mg (14.26%), Vitamin B12: 0.13µg (2.13%)