



CUBAN BLACK BEANS AND RICE

RECIPE AND INGREDIENT FACTS SHEET

What is Rice?

- Rice is a staple grain eaten worldwide and a primary source of carbohydrates, which provide the body with energy.
- It comes in many varieties (white, brown, basmati, jasmine, wild, etc.) and can be used in both savory and sweet dishes.

What is Brown Rice?

- Brown rice is a whole grain form of rice where only the outer husk is removed, leaving the bran and germ intact. This makes it higher in fiber, vitamins, and minerals compared to white rice, which has the bran and germ removed.
- Brown rice has a chewier texture and a nuttier flavor, and it digests more slowly, helping with steady blood sugar and satiety.



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Recipe

Ingredients

- 1 cup long-grain white rice
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 bell pepper, cut into 1/4-inch pieces
- 2 cloves garlic, chopped
- kosher salt and black pepper
- 1 teaspoon ground cumin
- 2 15.5-ounce cans black beans, rinsed
- 1 teaspoon dried oregano
- 1 tablespoon red wine vinegar
- 4 radishes, cut into 1/2-inch pieces
- 1/4 cup fresh cilantro

Instructions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a saucepan over medium-high heat.
3. Add the onion, bell pepper, garlic, 1 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until softened, 5 to 7 minutes.
4. Stir in the cumin and cook for 1 minute.
5. Add the beans, oregano, and 1 cup water. Simmer, covered, for 10 minutes.
6. Add the vinegar. Smash some of the beans with the back of a fork to thicken.
7. Serve over the rice. Top with the radishes and cilantro.