

# Black Beans and Rice

Lucky for You - Traditionally the Cuban specialty is made with dried black beans and flavored with salt pork. Soaking dried beans can take 24 hours. So we streamlined the cooking time considerably by using canned beans.

For the rice

2 bags boil-in-bag white rice

For the black beans

1 1/2 cups chopped onion (1 medium-large onion)

2 garlic cloves

1 can (16 ounces) black beans, rinsed and drained

Vegetable cooking spray

1/2 teaspoon cumin

1/3 cup salsa flavored with chipotle chiles

1/2 cup water

1 can (14 1/2 ounces) no-salt-added tomatoes, including the liquid

1 teaspoon grated lemon zest (optional)

1 teaspoon lemon juice (optional)

2 tablespoons chopped cilantro, or to taste (optional)

Cilantro sprigs

1. Prepare the rice: Microwave 1 bag of rice at a time according to the directions on the package. Repeat with the remaining bag. Transfer the rice to a bowl and keep warm, covered with plastic wrap.
2. Prepare the black beans: Finely chop the onion to measure about 1 1/2 cups. Finely chop the garlic. Rinse and drain the beans; reserve.
3. Coat a large nonstick skillet with vegetable cooking spray and heat over medium-high heat just until hot. Add onions and cook, stirring, for 4 minutes, or until slightly translucent. Add the garlic and cumin and cook, stirring, for 1 minute longer. Add the salsa, water, and tomatoes with the liquid. Bring to a boil, reduce the heat to medium, and simmer, stirring occasionally, for 5 minutes.
4. While the bean mixture cooks, zest and juice the lemon, and chop enough cilantro to measure 2 tablespoons, if using.
5. Remove the pan from the heat. Stir in the beans, lemon zest and juice, and optional cilantro. Keep warm, covered.
6. Place 1 cup of the rice in the center of each dinner plate and top with 1 cup of the bean mixture. Garnish with a sprig of cilantro, if desired.

## Nutrition Information Per Serving:

Black Beans and Rice Makes 4 Servings

Single serving is 1/4 of the total recipe

CALORIES 362;

PROTEIN 13g;

CARBS 72g;

TOTAL FAT 2g;

SAT FAT 0;

CHOLESTEROL 0;

SODIUM 397mg;

FIBER 7g

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