

Black Beans and Rice

Paired together, black beans and rice form a complete protein for an easy and filling meal or side dish.

Makes: 6 Servings
 Prep Time: 5 minutes
 Cook Time: 30 minutes

Source: Black Beans & Rice - Common Threads



Small Changes,
 BIG Difference!

Ingredients

- 1 cup brown rice (uncooked)
- 1 cup low sodium vegetable broth
- 1 can black beans, rinsed
- 1/2 cup canned tomato sauce
- 3 cloves garlic, peeled and minced
- 1 tablespoon olive oil
- 2 teaspoons oregano, minced
- 1/2 onion, peeled and diced
- salt and pepper to taste

Directions

1. Cook rice following package instructions, set aside.
2. Chop the onion and bell pepper into small 1/4 inch dice.
3. Peel and mince the garlic.
4. Heat the oil in a large pot over medium heat. Add onion, bell pepper and saute until the onion is soft. Add garlic and saute another 1-2 minutes.
5. Add tomato sauce and beans and simmer 5-10 minutes. Stir in cooked rice and broth.
6. Cook until hot. Remove from heat and add the fresh herbs.
7. Cover and let rest for 5-10 minutes, serve and enjoy.



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	140
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	220 mg
Total Carbohydrates:	24 g
Dietary Fiber:	6 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	6 g

Utensils Needed

- Cutting board
- Measuring cups
- Measuring spoons
- Large pot with lid
- Sharp knife

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$6.10

Average cost/serving: \$1.01

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Brown Rice, 16 oz



Add 1 to Cart
Garlic, bulb



Add 1 to Cart
Black Beans (15.5 oz)



Add 1 to Cart
Tomato Sauce, 8 oz



Add 1 to Cart
Low-sodium Vegetable Stock



Add 1 to Cart
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SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Cook more rice than you need for this recipe for use in another recipe later in the week!