

Cuban Beans and Rice

Vinegar, oregano, garlic, and onions kick up the flavor in this classic rice and bean recipe.

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Source: choosemyplate.gov/recipes

Ingredients

- 1 teaspoon olive oil
- 1 tablespoon garlic, minced
- 1 cup onion, chopped
- 1 cup green bell pepper, diced
- 3 cups black beans, cooked
- 2 cups chicken broth, low-sodium
- 1 tablespoon vinegar
- 1/2 teaspoon oregano, dried
- black pepper to taste
- 3 cups brown rice, cooked

Directions

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Spoon over cooked rice and serve.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 1/2 cups

Nutrients	Amount
Calories:	384
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	299 mg
Total Carbohydrates:	72 g
Dietary Fiber:	15 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	18 g

Utensils Needed

- Non-stick skillet
- Liquid measuring cup
- Measuring spoons
- Cutting board
- Knife
- Wooden spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$7.74

Average cost/serving: \$1.94

Makes: 4 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
Fresh Garlic



Add 1 to Cart
Chicken Broth, low-sodium (32 oz)



Add 1 to Cart
Onion



Add 1 to Cart
Apple Cider Vinegar (32 oz)



Add 1 to Cart
Green Bell Pepper



Add 1 to Cart
Brown Rice (2 lb)



Add 2 to Cart
Black Beans, no-salt added (15 oz)

SAVE TIME, SAVE MONEY

Shopping Tips

- Look for beans that say "Low-Sodium" or "Reduced-Sodium."
- Dried beans may cost less per serving than canned beans.
- Consider buying instant rice or boil-in-a-bag rice to save time.

My Cooking Notes