



<https://hispanickitchen.com/recipes/rice-and-beans-easy-one-one-skillet-dish/>

Rice and Beans

"AMERICANIZED"

Serving size: 1 cup (Serves 8)

Ingredients

- 2 cups long grain rice
- 2 tablespoons oil
- 1 can tomato paste (6 ounces)
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 2 cups chicken/ vegetable broth
- 2 cups water
- Salt and pepper to taste
- 1 can black beans (15 ounces)
- Juice of 1 lime

Directions

1. Place rice in a fine mesh strainer and rinse until the water runs clear, around 1-2 minutes. Shake to remove excess water.
2. Add oil to a skillet over medium heat. Add rice and let cook for one minute without stirring. Continue cooking and stirring until the rice kernels are golden.
3. Add tomato paste, onion, and garlic and cook for 3-5 minutes.
4. Add broth and water and season with salt and/or pepper to your liking.
5. Stir gently, cover, and bring to a boil. Reduce to low heat and continue cooking for 10-20 minutes, or until rice is soft and liquid is fully absorbed.
6. Drain and rinse beans. Spread beans over top of simmering rice, but do not stir. Allow to cook for about 5 minutes or until beans are heated through.
7. Remove from heat and let stand for 5-10 minutes.
8. Fluff rice and beans with fork, and stir to mix all ingredients. Stir in lime juice and serve right away. Enjoy!

Fun Fact: Together, rice and beans are considered a complete protein. You can add vegetables, chicken, beef, fish, chickpeas, or curry to this dish for different flavors!

Nutrition per Serving

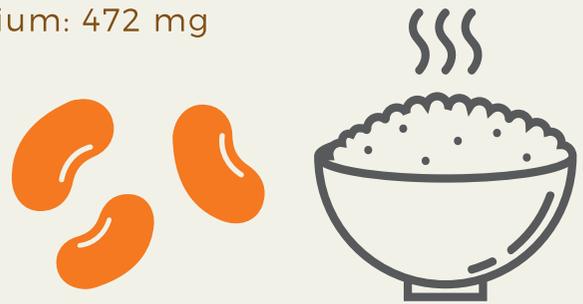
Calories: 267

Protein: 7 g

Total Fat: 5 g

Total Carbohydrates: 48 g

Sodium: 472 mg



For more easy and healthy recipes like this, visit www.GleanersNutritionHub.org