

BLACK BEANS AND RICE

This is a simple, tasty and colorful side dish that goes very well with Cuban Pork Tenderloin

RICE:

3 cups Water
1 ½ cup Long Grained Rice
1 ½ teaspoon Salt

Mix all ingredients together and bring to a boil stirring occasionally. Reduce heat to low, cover for 20 minutes.

BEAN MIXTURE:

2 Tablespoons Olive Oil
½ cup Yellow Onion, chopped
¼ cup of each Green/Red/Yellow Peppers (¾ cup total)
3 cloves Garlic, minced
1 can (15 ounces) Black Beans, undrained
½ cup Water
1 teaspoon Oregano
1 packet Sazon Goya (a Mexican spice)
1 Tablespoon Fresh Lime Juice (you can substitute 1 Tablespoon Cider Vinegar if you need to)

Heat Olive Oil in medium saucepan over medium heat. Add onion, peppers, and garlic and cook until tender, about 8 to 10 minutes. Stir in remaining ingredients and bring to a boil. Reduce heat and simmer 10 minutes.

You can serve this mixture spooned over rice, or you can do what I do, and mix it all in with the rice, then serve.

225 cal/cup