



Cuban Black Beans & Rice

with Salad & Pickled Onions



30-40min



4 Servings

This vegetarian cuban black bean stew gets a lovely depth of flavor from cumin and dried oregano. Red bell pepper, sautéed until softened, and a splash of apple cider vinegar, lend a subtle sweetness to the beans. We pickled some slices of red onion and tossed them in a salad for a refreshing side. And to make the meal even more special, we made a garlic-scented rice to soak up the stew. Cook, ...

What we send

- garlic
- jasmine rice
- cilantro
- canned black beans
- ground cumin
- red onion
- red bell peppers
- dried oregano
- baby arugula

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 780.0kcal, Fat 22.0g, Proteins 26.0g, Carbs 119.0g



1. Cook rice

Peel and finely chop **4 teaspoons garlic**. Rinse **rice** in a fine-mesh sieve until water runs clear; drain well. Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **½ of the garlic**; cook until golden, 1-2 minutes. Add rice, **¾ teaspoon salt**, and **2 cups water**. Bring to boil, reduce heat to low, cover; cook until tender, 17 minutes. Cover to keep warm.



4. Start stew

Heat **3 tablespoons oil** in a medium pot over medium-high. Add **chopped onion**, **¾ of the bell pepper** (reserve remaining for step 6), and **remaining chopped garlic**. Cook, stirring, until softened and starting to brown, 5-7 minutes. Add **oregano** and **1½ tablespoons of the cumin**. Cook, stirring, until fragrant and combined, about 1 minute.



2. Prep ingredients

Meanwhile, Halve, peel, and thinly slice **¼ of the onion**, then finely chop the **remaining onion**. Halve **peppers**, remove stems, cores, and seeds, then finely chop. Finely chop **cilantro leaves and stems** together.



5. Finish stew

To the pot, add **black beans and their liquid**, **1 cup water**, **2 tablespoons vinegar**, and **half of the cilantro**. Cook over medium-high, mashing some of the beans with the back of a spoon, until flavorful and slightly thickened, 10-12 minutes. Stir in **remaining cilantro**. Season to taste with **salt** and **pepper**.



3. Pickle onions

In a small bowl, combine **sliced onion**, **¼ cup vinegar**, and **½ teaspoon each salt and sugar**. Set aside and stir occasionally while you make the black bean stew.



6. Finish salad & serve

In a large bowl, toss **arugula** with **pickled onions**, **reserved bell peppers**, **1½ tablespoons of the pickling liquid**, and **2 tablespoons oil**; season with **salt** and **pepper**. Fluff **rice** with a fork. Serve **beans** over **rice** with **salad** on the side. Enjoy!