



Black Bean Stew

with Garlic Rice & Spinach Salad



30-40min



2 Servings

We love ingredients that don't just taste good but are also good for you too! Hearty black beans have a mild flavor and a creamy texture. But, these small legumes are also a powerhouse ingredient packing some serious protein, fiber and are high in vitamins and minerals like folate and magnesium.

What we send

- canned black beans
- jasmine rice
- yellow onion
- garlic
- plum tomatoes
- Tam-pico de gallo
- canned tomato paste
- baby spinach

What you need

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

Tools

- fine-mesh sieve
- small pot

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

Calories 690.0kcal, Fat 22.0g, Proteins 19.0g, Carbs 103.0g



1. Prep ingredients

Peel and finely chop **½ cup onion** (save remaining onion half for another use). Peel and finely chop **1½ teaspoons garlic**. Dice **tomato**. Rinse and drain **beans**.



2. Cook rice

Heat **½ tablespoon oil** in a small saucepan over medium-high. Add **1 teaspoon of the garlic** and cook until fragrant, about 30 seconds. Stir in **rice**, **¾ teaspoon salt**, and **1¼ cups water**. Bring to a boil. Reduce heat to low, cover and cook until water is absorbed and rice is tender, about 17 minutes. Cover to keep warm.



3. Make dressing

In a medium bowl, whisk **1 tablespoon oil**, **1 tablespoon vinegar**, a **pinch of sugar**, **¼ teaspoon salt**, and a **few grinds pepper**. Add **tomatoes** and **2 tablespoons of the chopped onion**.



4. Make stew

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **remaining chopped onion and garlic**, and cook until fragrant, 1–2 minutes. Stir in **beans**, **2½ tablespoons of the tomato paste**, **¾ teaspoon of the Tam-pico de gallo**, **½ teaspoon salt**, and **1 cup water**. Bring to a boil, reduce heat to low, and cook until stew thickens, 8–10 minutes.



5. Make crema

In a small bowl, whisk **sour cream**, **2 teaspoons water**, and a **pinch of salt**; set aside.



6. Finish salad & serve

Use a slotted spoon to transfer **half of the tomatoes and onions** from **dressing to a small bowl**. Add **spinach** to bowl with dressing and toss to combine. Spoon **rice** into bowls. Ladle **stew** over **rice**, drizzle **crema** on top, and add **reserved onions and tomatoes**. Serve alongside **salad**. Enjoy!