

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Black Beans and Brown Rice
Makes 5 (1-cup) servings**

- 1 cup brown rice
- ¼ teaspoon tumeric or annatto (spices that give a yellow color to the rice)
- 2 cups water or low-sodium broth
- 2 teaspoons olive or canola oil
- 1 medium onion, diced
- 1 green or red bell pepper, diced
- 2 cloves garlic, minced (or ½ teaspoon powdered garlic)
- 2 (15-ounce) cans no-salt-added black beans (or any kind of bean), drained and rinsed
- 1- 1 ½ cups water or low-sodium broth
- 1½ teaspoons cumin
- ¼ teaspoon ground pepper
- ¼ teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- 2-4 tablespoons fresh cilantro, chopped (optional)
- 2 scallions, chopped, for garnish (optional)

Directions:

1. In a medium sauce pan, bring water to a boil, add brown rice and tumeric, reduce heat and simmer for 30-40 minutes, until water is absorbed and rice is tender. Keep warm.
2. Heat oil in a stockpot over medium-high heat. Add the onion, pepper and garlic and saute for 4 minutes. Add the beans, water, cumin, pepper, salt, cayenne pepper, and simmer 20-30 minutes. Stir in cilantro.
3. Serve black beans over hot rice. Garnish with scallions.

Nutritional Information per serving (¾ cup beans and ½ cup rice):

Calories: 253	Carbohydrates: 53g
Total Fat: 1g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 10g
Sodium: 324mg	Protein: 9g