



Cuban Beans and Rice



Makes: 4 servings

Total Cost: \$\$\$\$

Vinegar, oregano, garlic, and onions kick up the flavor in this classic rice and bean recipe.

Ingredients

- 1 teaspoon olive oil
- 1 tablespoon garlic, minced
- 1 cup onion, chopped
- 1 cup green bell pepper, diced
- 3 cups black beans, canned, low-sodium (or cooked from dry)
- 2 cups chicken broth, low-sodium
- 1 tablespoon vinegar
- 1/2 teaspoon dried oregano
- black pepper (to taste)
- 3 cups brown rice, cooked

Directions

1. Wash hands with soap and water.
2. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
3. Stir in the beans, broth, vinegar, and seasoning; bring to a boil then lower to a simmer. Cook covered for 5 minutes.
4. Spoon over cooked rice and serve.

Notes

Learn more about:

- [Garlic](#)
- [Onions](#)
- [Bell Peppers](#)
- [Herbs](#)

Source:

Cooking Demo II

Food and Health Communications, Inc.

Nutrition Information

MyPlate Food Groups

Serving Size: 1 1/2 cups prepared beans and rice, 1/4 of recipe

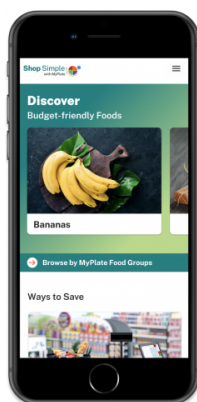


Nutrients	Amount
Total Calories	335
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	225 mg
Carbohydrates	62 g
Dietary Fiber	13 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	15 g
Vitamin D	0 mcg
Calcium	84 mg
Iron	4 mg
Potassium	700 mg

	Vegetables	1 1/4 cups
	Grains	2 ounces
	Protein Foods	3 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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