

STANDARD RECIPE CARD

Recipe For Black Beans and Rice

Portion Size 1 cup Number Portions 12 servings

Ingredient	x 1	x_	Ingredient	x 1	x_
Olive oil	2 tsp.				
Onion, chopped	2 large				
Garlic, minced	4 cloves				
Uncooked brown rice	1 ½ c.				
Low-sodium vegetable broth (Pacific)	3 c.				
Ground cumin	2 tsp.				
Cayenne Pepper	½ tsp.				
Canned reduced sodium black beans, rinsed and drained	7 c.				

PROCEDURE

In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and sauté for 4 minutes. Add the rice and sauté for 2 minutes.

Add the vegetable broth, bring to a boil, cover and lower the heat and cook for 20 minutes. Add the spices and black beans.

Nutrition Facts

Servings Per Recipe: 12
Serving Size: 1 serving

Amount Per Serving	
Calories	171.2
Total Fat	1.7 g
Saturated Fat	0.2 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.7 g
Cholesterol	0.0 mg
Sodium	306.1 mg
Potassium	621.5 mg
Total Carbohydrate	35.6 g
Dietary Fiber	8.1 g
Sugars	1.5 g
Protein	9.2 g
Vitamin A	0.7 %
Vitamin B-12	0.0 %
Vitamin B-6	4.0 %
Vitamin C	3.3 %
Calcium	8.6 %
Iron	20.1 %