

BRAZILIAN BLACK BEANS & RICE

YIELD: 25 8 OZ. SERVINGS

Chef Vanessa LaBranche

Black beans are a favorite of mine that I use a lot when cooking. I especially like Brazilian black beans as they are saucy, delicious and packed with flavor. These beans are traditionally cooked with pork, but in this version, I omitted the pork and added smoked paprika instead to impart a smoky flavor. Other aromatics are added which compliment this simple dish. When served with rice, it becomes a satisfying meal.

INGREDIENTS

- 2 tablespoons of olive oil
- ½ cup onion, chopped
- 1 cup green pepper, chopped
- 4 cloves of garlic, minced
- ½ teaspoon of smoked paprika
- 1 teaspoon of cumin
- 2 cups of beans, drained but not rinsed
- 1 cup of reduced sodium chicken broth
- 1 bay leaf
- 1 tablespoon of vinegar
- Cilantro (for garnish and flavor, optional)
- 12.5 cups cooked rice

DIRECTIONS

1. In a tilt skillet, bring to medium heat. Add the olive oil. Add in the green pepper and onion and sauté for a few minutes, then add the garlic. Cook for another minute.
2. Add in the smoked paprika and cumin and sauté lightly until fragrant, about 1 minute. Add in the cooked beans and chicken broth. Bring to a simmer and allow to cook for another 15 minutes to allow flavors to blend.
3. Remove the bay leaf. Using an immersion blender lightly smash some of the beans, but leaving other parts whole. (This provides a creamy texture.)
4. Place into a warmer until service. Serve ½ cup bean mixture with ½ cup cooked rice and garnish with freshly chopped cilantro.

RECIPE NOTES - BRAZILIAN BLACK BEANS & RICE

Recipe credits as 1/2 cup legume vegetable sub-group & 1 oz. whole grain equivalent

Nutritional information*: 299 calories; 8.5 g sat. fat; 485 mg sodium; 45.2 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*