

## Tangy black beans and rice



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

### **About this recipe**

Serves

6

Serving size

1 1/2 cup sauce and beans, 1/2 cup rice

Time to make

20 minutes preparation; 8 hours wait time; 1-2 hours cook time

Special criteria

[Vegetarian recipes](#)

[Whole grains recipes](#)

# Ingredients

- 1 cup dried black beans
- 6 cups water plus water for soaking
- 1 whole onion, peeled
- Optional: 1/4 teaspoon of salt
- 1 tablespoon vegetable oil
- 1 green pepper, finely chopped
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- 1 cup onion, chopped (about 1 medium)
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 3 cups hot cooked brown rice (about 1 cup uncooked)

## Ingredients for tangy sauce

- 1/2 cup onion, chopped (1/2 medium)
- 1 teaspoon hot sauce
- 1/2 tablespoon garlic powder
- 1/2 tablespoon chili powder
- 2 tomatoes, diced (about 2 cups)

# Directions

1. Cover beans with water. Cover with lid; soak overnight.
2. Drain. Place beans in large saucepan. Add 6 cups water and whole onion.
3. Bring to a boil and cover pan. Reduce heat and simmer 1-2 hours or until beans are tender.
4. While the beans are cooking, prepare the tangy sauce and cook the rice (if not already made ahead of time).
5. Heat oil in small fry pan on medium heat. Sauté green pepper, garlic, chopped onion, oregano, and cumin. Add to beans.
6. Simmer a few minutes to blend flavors. Remove whole onion.
7. Serve beans over rice. Top with tangy sauce.
8. Refrigerate leftovers within 2 hours of cooking.

## Tips and variations

- Serve leftover beans and rice in a wrap or taco, or serve it in a bowl topped with a fried egg for breakfast.
- Cook a whole pound of black beans and use the extra beans to make other dishes like soup or casseroles.
- If beans give you gas, try eating small amounts and slowly increase so your body can adjust.

## Nutritional info

Calories

268

Total fat

4 g

Saturated fat

0.5 g

Cholesterol

0 mg

Sodium

37 mg

Total carbohydrates

49 g

Dietary fiber

11.5 g

Protein

10.8 g

Total sugar

4.7 g

## View other recipe categories

- [Beverages](#)
- [Breads](#)

- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)

## You may also like

