

Starters, Sides, and Complements

Cuban Inspired Rice and Beans

**Vegetarian*

What happens when black beans and rice come together? A complete protein is formed. It's almost as if beans and rice were made for each other. Topping the beans with vitamin C sources like lime and onion help in extracting the iron out of the beans.

You'll Need for the Beans:

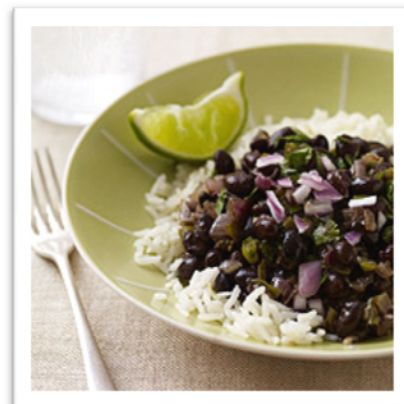
- 1 can black beans
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper
- Chili powder (to your liking)
- Cumin (to your liking)
- Cayenne (optional)

You'll Need for the Rice:

- $\frac{3}{4}$ cup short grain rice
- 1 tablespoon butter
- 1 cinnamon stick
- Salt

You'll Need to Plate:

- Diced Onion
- Fresh Lime



Directions

For the Rice:

- Place rice in a saucepan that can be covered.
- Now add 1 cup of water to the rice
- Add in one cinnamon stick and a couple pinches of salt.
- Cover and bring to a boil. Once water starts boiling switch heat to low and allow it to cook for 15 minutes.
- When finished, open lid fluff with a fork.

For the Beans:

- Drain black beans and place in a saucepan.
- Add approximately $\frac{1}{2}$ to 1 tablespoon of olive oil and $\frac{1}{2}$ to 1 tablespoon of balsamic vinegar to the black beans.
- Now add salt, pepper, chili powder (approximately a $\frac{3}{4}$ teaspoon), and cumin (approximately $\frac{1}{2}$ teaspoon) to your liking. You may also want to add a pinch of cayenne.
- Heat on medium-low heat to heat through.

Plate:

- Plate rice and then place black beans on top of rice.
- Top beans with diced onion and squeeze fresh lime over combination.

Play with your Food

- Make this rice with other dishes and infuse with flavors of choice. Leave out the cinnamon and add garlic, ginger, rosemary, etc.

Medwell Kitchen Tested