

BLACK BEANS WITH RICE

From Stay Young at Heart: National Heart Lung & Blood Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/bbwrice.htm>

Ingredients

- 1 lb dry black beans
- 7 cups water
- 1 medium green pepper, coarsely chopped
- 1-1/2 cups chopped onion
- 1 Tbsp vegetable oil
- 2 bay leaves
- 1 clove garlic, minced
- ½ tsp salt
- 1 Tbsp vinegar (or lemon juice)
- 6 cups rice, cooked in unsalted water
- 1 jar (4 oz.) sliced pimento, drained
- 1 lemon cut into wedges

Directions

1. Pick through beans to remove bad beans. Soak beans overnight in cold water. Drain and rinse.
2. In large soup pot or dutch oven stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil 1 hour.
3. Reduce heat and simmer, covered 3-4 hours or until beans are very tender. Stir occasionally and add water if needed.
4. Remove about 1/3 of the beans, mash and return to pot. Stir and heat through.
5. Remove bay leaves and stir in vinegar or lemon juice when ready to serve.
6. Serve over rice. Garnish with sliced pimento and lemon wedges.

Makes 6 servings (Serving Size: 8 oz.)

Nutritional information per serving (6 servings)

Calories: 561

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 193 mg



Wellness Center