



## Cuban-Style Black Beans & Brown Rice

with Arugula Salad & Pickled Onions



20-30min



2 Servings

This Cuban vegetarian black bean stew gets a lovely depth of flavor from ground cumin and dried oregano, as well as sautéed bell pepper and a splash of vinegar, both of which lend a subtle sweetness to the beans. We pickled red onions and tossed them into a salad, for a refreshing side. Finally, as one last special touch, we make garlic-scented brown rice to soak up the stew.



## What we send

- garlic
- 5 oz quick-cooking brown rice
- 1 red onion
- 1 bell pepper
- ¼ oz fresh cilantro
- ¼ oz ground cumin
- ¼ oz dried oregano
- 15 oz can black beans
- 3 oz arugula

## What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar

## Tools

- small saucepan
- medium pot

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 830kcal, Fat 33g, Carbs 111g, Protein 24g



### 1. Cook rice

Finely chop **2 teaspoons garlic**.

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add half of the garlic and cook, stirring until golden, 1–2 minutes. Bring **1 cup salted water** to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat; keep covered.



### 2. Prep ingredients

Meanwhile, halve and thinly slice **¼ of the onion**; finely chop the remaining onion. Halve **pepper**, discard stem and seeds, then finely chop. Finely chop **cilantro leaves and stems**.



### 3. Pickle onions

In a small bowl, combine **sliced onions, 2 tablespoons vinegar**, and **¼ teaspoon each of salt and sugar**. Set sliced onions aside to pickle, stirring occasionally, until ready to serve.



### 4. Sauté aromatics

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **chopped onions, ¾ of the bell peppers** (reserve remaining for step 6), and **remaining chopped garlic**. Cook, stirring, until softened and starting to brown, about 5 minutes. Add **all of the cumin** and **¼ teaspoon oregano**. Cook, stirring, until fragrant, about 1 minute.



### 5. Finish stew

To the pot, add **black beans and their liquid, ¾ cup water, 1 ½ tablespoons vinegar**, and **half of the cilantro**. Cook over medium-high, mashing some of the beans with the back of a spoon, until flavorful and slightly thickened, 10–12 minutes. Stir in **remaining cilantro**. Season to taste with **salt and pepper**.






### 6. Finish salad & serve

In a large bowl, toss **arugula** with **pickled onions, reserved bell peppers, 1 tablespoon of the pickling liquid**, and **1 tablespoon oil**; season to taste with **salt and pepper**. Fluff **rice** with a fork.

Serve **beans** over **rice**, with **salad** on the side. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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