



## Cuban-Style Black Beans & Ready to Heat 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 made garlic-scented rice to soak up the stew.



## What we send

- 10 oz ready to heat jasmine 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
- garlic

## Tools

- microwave
- medium pot

## Cooking tip

No microwave for step 1? Heat 1 teaspoon oil in a small saucepan over medium. Add rice, half of the garlic, and 2 teaspoons water. Cook, stirring occasionally, until warm, 3-5 minutes.

## Allergens

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

## Nutrition per serving

Calories 780kcal, Fat 31g, Carbs 106g, Protein 23g



### 1. Cook rice

Finely chop **2 teaspoons garlic**.

Transfer **rice** and **half of the garlic** to a bowl; cover and microwave on high until steaming, 1-2 minutes. Cover to keep warm 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.



### 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**.



### 5. Finish stew

To the pot, add **black beans and their liquid**, **¾ cup water**, **1½ 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**.



### 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.



### 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!