

MARLEY SPOON



Black Bean Stew with Garlic Rice & Spinach Salad

 30-40min  2 Servings

We love ingredients that don't just taste good but are also good for you too! Hearty black beans have a mild flavor and a creamy texture. But, these small legumes are also a powerhouse ingredient packing some serious protein, fiber and are high in vitamins and minerals like folate and magnesium.

What we send

- canned black beans
- jasmine rice
- yellow onion
- garlic
- plum tomatoes
- Tam-pico de gallo
- canned tomato paste
- baby spinach
- 7

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- small pot

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 22g, Carbs 103g, Protein 19g



1. Prep ingredients

Peel and finely chop **½ cup onion** (save remaining onion half for another use). Peel and finely chop **1½ teaspoons garlic**. Dice **tomato**. Rinse and drain **beans**.



2. Cook rice

Heat **½ tablespoon oil** in a small saucepan over medium-high. Add **1 teaspoon of the garlic** and cook until fragrant, about 30 seconds. Stir in **rice**, **¾ teaspoon salt**, and **1¼ cups water**. Bring to a boil. Reduce heat to low, cover and cook until water is absorbed and rice is tender, about 17 minutes. Cover to keep warm.



3. Make dressing

In a medium bowl, whisk **1 tablespoon oil**, **1 tablespoon vinegar**, a **pinch of sugar**, **¼ teaspoon salt**, and a **few grinds pepper**. Add **tomatoes** and **2 tablespoons of the chopped onion**.



4. Make stew

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **remaining chopped onion and garlic**, and cook until fragrant, 1-2 minutes. Stir in **beans**, **2½ tablespoons of the tomato paste**, **¾ teaspoon of the Tam-pico de gallo**, **½ teaspoon salt**, and **1 cup water**. Bring to a boil, reduce heat to low, and cook until stew thickens, 8-10 minutes.



5. Make crema

In a small bowl, whisk **sour cream**, **2 teaspoons water**, and a **pinch of salt**; set aside.



6. Finish salad & serve

Use a slotted spoon to transfer **half of the tomatoes and onions** from **dressing to a small bowl**. Add **spinach** to bowl with dressing and toss to combine. Spoon **rice** into bowls. Ladle **stew** over **rice**, drizzle **crema** on top, and add **reserved onions and tomatoes**. Serve alongside **salad**. Enjoy!