



Cuban-Style Black Beans & 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

- garlic
- 5 oz jasmine rice
- 1 medium 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 820kcal, Fat 31g, Carbs 116g, Protein 23g



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. Add **rice, 1¼ cups water**, and **½ teaspoon salt**. Bring to boil. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, 17 minutes. Keep covered until ready to serve.



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, 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**.






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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