



Cuban Black Beans & Rice

with Salad & Pickled Onions



30-40min



2 Servings

This vegetarian cuban black bean stew gets a lovely depth of flavor from cumin and dried oregano. Red bell pepper, sautéed until softened, and a splash of apple cider vinegar, lend a subtle sweetness to the beans. We pickled some slices of red onion and tossed them in a salad for a refreshing side. And to make the meal even more special, we made a garlic-scented rice to soak up the stew. Cook, ...

What we send

- ½ oz fresh cilantro

What you need

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

Tools

- fine-mesh sieve
- small saucepan

Allergens

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

Nutrition per serving

Calories 950kcal, Fat 29g, Carbs 144g, Protein 29g



1. Cook rice

Peel and finely chop **2 teaspoons garlic**. Rinse **rice** in a fine-mesh sieve until water runs clear; drain well. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **½ of the garlic**; cook until golden, 1-2 minutes. Add rice, **½ teaspoon salt**, and **1½ cups water**. Bring to boil, reduce heat to low, cover; cook until tender, 17 minutes. Cover to keep warm.



2. Prep ingredients

Meanwhile, Halve, peel, and thinly slice **¼ of the onion**, then finely chop the **remaining onion**. Halve **pepper**, remove stem, core, and seeds, then finely chop. Finely chop **cilantro leaves and stems** together.



3. Pickle onions

Combine **sliced onion**, **2 tablespoons vinegar**, and **¼ teaspoon each salt and sugar**. Set aside and stir occasionally while you make the black bean stew.



4. Start stew

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **chopped onion**, **¾ of the bell pepper** (reserve remaining for step 6), and **remaining chopped garlic**. Cook, stirring, until softened and starting to brown, about 5 minutes. Add **oregano** and **2 teaspoons of the cumin**. Cook, stirring, until fragrant and combined, 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 & serve

In a large bowl, toss **arugula** with **pickled onions**, **reserved bell peppers**, **1 tablespoon of the pickling liquid**, and **1 tablespoon oil**; season with **salt** and **pepper**. Fluff **rice** with a fork. Serve **beans** over **rice** with **salad** on the side. Enjoy!