



Cuban 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 (use 2 large cloves)
- 10 oz jasmine rice (use 1 cup)
- 1 medium red onion
- 1 bell pepper
- ½ oz fresh cilantro
- dried oregano (use ¼ tsp)
- ground cumin (use 2 tsp)
- 1 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 940kcal, Fat 29g, Carbs 141g, Protein 28g



1. Cook rice

Peel and finely chop **2 teaspoons garlic**. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add half of the garlic; cook, stirring, until golden, 1-2 minutes. Add **1 cup rice, ½ teaspoon salt, and 1 ½ cups water**. Bring to boil over high heat. Reduce heat to low, and cover. Cook until rice is tender and water is absorbed, 17 minutes. Remove from heat and keep covered.



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 **¼ teaspoon of the oregano and 2 teaspoons of the cumin**. Cook, stirring, until fragrant and combined, about 1 minute.



2. Prep ingredients

Meanwhile, halve, peel, and thinly slice **¼ of the onion**, then finely chop the remaining ¾ onion. Halve **pepper**, remove stem and seeds, then finely chop. Finely chop **cilantro leaves and stems** together.



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**.



3. Pickle onions

In a small bowl, combine **sliced onions, 2 tablespoons vinegar, and ¼ teaspoon each salt and sugar**. Set aside, stirring occasionally, while you make the stew.



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 with **salt and pepper**. Fluff **rice** with a fork. Serve **beans over rice**, with **salad** on the side. Enjoy!