



# CUBAN-STYLE BLACK BEANS AND RICE

## ingredients:

- 1 cup brown rice
- 2 teaspoons olive oil
- 1 large green bell pepper, chopped
- 1 large red bell pepper, chopped
- 1 large yellow bell pepper, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 2 15-ounce cans black beans, drained and rinsed

- 1 Tablespoon red wine vinegar
- 2 teaspoons oregano
- 2 teaspoons cumin
- 1/2 cup water
- 1 Tablespoon bacon bits
- 1/4 cup chopped cilantro (optional)

## directions:

1. Cook rice according to package directions.
2. Heat oil in a large saucepan over medium heat and sauté peppers, onion and garlic until tender.
3. Add the black beans, vinegar, oregano, cumin and water. Simmer, covered for 10 minutes.
4. Mix in the bacon bits.
5. Serve beans over the rice. Garnish with chopped cilantro if desired.

Yield: 6 servings

## Nutrition Information Per Serving:

- 230 Calories
- 3 grams Fat
- 0.5 gram Saturated Fat
- <1 mg Cholesterol
- 316 mg Sodium
- 46 grams Carbohydrates
- 3 grams Sugar
- 9 grams Fiber
- 9 grams Protein

Food exchanges:  
2 starch, 3 vegetable, 1/2 fat



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