

Spanish Black Beans and Rice with Arugula

When I was a kid in Montana, my mom used to call this dish "Spanish rice." I make it a little differently. Arugula and fresh cilantro were way too "exotic" to find on the menu in Montana back then, but now they're mainstream.

Use last night's leftover rice for tonight's meal.

Preparation time: 40 minutes - Servings: 2-3

Organize Your Ingredients!

Notes on Organizing

As usual, prep and organize ingredients in all the boxes before you start.

Spanish Beans and Rice

Brown rice (if needed):

1 C. brown rice
combined with
2-1/4 C. water
You'll need 2 C. cooked rice for this recipe

Vegetables and Spices:

1 tsp. olive oil
1 clove garlic (smashed and chopped)
3/4 C. onion (chopped)
3/4 C. green bell pepper (chopped)
one 15 oz. can no-salt diced tomatoes
1/2 tsp. ground cumin
1-1/2 T. chili powder
1/4 tsp. smoky Paprika
1/2 tsp. dry oregano leaves
2 T. balsamic vinegar
1 T. molasses or sorghum
2 C. cooked rice
pinch of salt
one 15 oz. can black beans (drained and rinsed)
1/4 C. fresh cilantro (chopped)

Dressed Arugula

3 C. arugula (washed and dried)
2 tsp. olive oil
2 tsp. balsamic vinegar
2 tsp. low-sodium vegetable broth
1 tsp. honey

Remaining Items

1 C. fresh tomato salsa
2 ripe avocados
3 kiwis - 1 kiwi per diner
(peeled and sliced)
3-4 T. crumbled feta cheese
juice from 1/2 of a lime

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

The assembly of this meal goes quickly once prep is finished. Be sure all items are ready to go before you start cooking. You'll slice the avocado just before dining.

Spanish Beans and Rice

1. If necessary, cook rice. Bring rice and water to a boil, reduce heat to low, cover and cook 25 minutes. Set a timer.
2. Place oil in bottom of medium saucepan.
3. Add garlic, onion and peppers and sauté until onion starts to brown.
4. Add canned tomatoes, spices, vinegar and molasses. Return to boil. Cook 10 minutes over low heat.
5. Stir in cooked rice and black beans. Cover and cook 5 minutes. Stir again, cover, and remove from heat. After you've removed beans and rice from heat, stir in fresh cilantro.

Dressed Arugula

1. Place washed arugula in a large bowl.
2. Mix oil, vinegar, broth and honey in a separate small bowl.
3. Pour dressing over arugula and toss well.
4. Divide between two serving plates.

Remainder Items

1. Spread 2 C. beans and rice over arugula on each plate.
2. Measure fresh salsa over each serving.
3. Place 1/2 of a sliced avocado alongside or over the beans and rice on each plate .
4. Garnish each serving with 1 T. crumbled feta per serving.
5. Fan sliced kiwi along edge of plate (one kiwi per diner).
6. Drizzle each serving of Spanish Beans and Rice with fresh lime juice.

What I've Learned from this Recipe

The fresh lime does the usual job of bringing flavors forward. However, it will also keep your avocados from oxidizing once they're cut.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com