

Spanish Black Beans and Rice with Lemon Broccoli

Tonight we'll share a time-tested and healthy south-of-the-border beans and rice dish. This version of beans and rice also includes a seasonal lemon broccoli which brings extra flavor, color and interest to the plate.

Use leftover homemade salsa from the fridge or commercial tomato salsa.

Preparation time: 40 minutes - Servings: 2-3

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients below on small plates before you start. Having all items prepped and ready to add can be critical to the success of your recipe. This is an excellent way to use leftover rice (if you have it). You'll use 2 cups cooked rice tonight.

Brown Rice (if needed)

1 C. brown rice
combined with
2-1/4 C. water
pinch of salt

Southwest Spice Mix

1 T. chili powder
1/2 tsp. ground cumin
1/4 tsp. garlic powder
1/4 tsp. onion powder
1 tsp. dry oregano leaves
1/2 tsp. salt
1/2 tsp. granulated sugar

Spanish Rice

Vegetables and Spices:

1 T. olive oil
2/3 C. onion (chopped)
3/4 C. green bell pepper (chopped)
3/4 C. red bell pepper (chopped)
1 clove garlic (smashed and 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
1/4 tsp. ground cinnamon
2 T. balsamic vinegar
1 T. molasses (or sorghum)

pinch of salt
2 C. cooked rice
one 15 oz. can black beans (drained and rinsed)
1/4 C. fresh cilantro (chopped)

Steamed Broccoli/Garnish

Steamed Broccoli

3 C. broccoli (washed and chopped
into 1" pieces)
2 T. lemon juice
2 T. low-sodium vegetable broth
2 tsp. Southwest Spice Mix (above)

Garnishes

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

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If cooking rice, begin by bringing the rice and water to a boil. Reduce heat to medium low, cover and set a timer for 25 minutes.
Prepare steamed broccoli just before serving.

Spanish Rice

1. Heat oil in a large sauté pan over medium-high heat until it begins to shimmer.
2. Add onion and peppers and toss until onions starts to brown on the edges. Add garlic and toss until garlic becomes fragrant.
3. Add canned tomatoes, spices, vinegar and molasses. Return to boil. Cook 10 minutes over low heat.
4. Stir in 2 C. cooked rice and black beans. Cover and remove from heat. After you've removed the beans and rice from heat, stir in fresh cilantro.

Southwest Spice Mix

Mix all spice ingredients in a spice grinder or mortar and pestle and set aside.

Steamed Broccoli

1. Place broccoli in top of steamer over boiling water. Cover and steam for 4 minutes.
2. Remove steamer top with broccoli and douse broccoli with cold water.
3. Discard water from bottom of steamer pan. Return broccoli to bottom of steamer to toss with lemon juice, broth and 2 tsp. Southwest Spice Mix.

Garnishes

1. Toss seasoned broccoli into beans and rice to complete Spanish Rice. Toss until well distributed.
2. Dish 2 C. Spanish Rice/Broccoli onto each dinner plate and drizzle with lime juice.
3. Measure 1/3 C. fresh salsa over each serving.
4. Garnish each serving with 1 T. crumbled feta.
5. Fan sliced kiwi along edge of plate (one kiwi per diner).

What I've Learned from this Recipe

Adding the steamed lemon broccoli to the beans and rice just before serving keeps the broccoli slightly firm while maintaining it's rich green color and individual flavor.

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