

Side Dish

Black Beans and Yellow Rice

Cooking Light Magazine

Servings: 4

Preparation Time: 23 minutes

Start to Finish Time: 10 hours 53 minutes

4 ounces dried black beans
cooking spray
4 ounces Spanish chorizo sausage, thinly sliced
6 cups water, divided
1/2 teaspoon salt, divided
1/2 teaspoon black pepper, divided
1/4 teaspoon ground cumin
1 1/2 cups onion, chopped
1 orange bell pepper, chopped
1 jalapeno pepper, minced
2 cloves garlic, minced
1 cup long-grain rice, uncooked
1/4 teaspoon ground turmeric
3 cups fresh tomato, chopped
2 tablespoons fresh cilantro, chopped

Sort and wash the beans; place in a bowl. Cover with water to two inches above beans. Let stand for 8 hours. Drain.

Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add chorizo; saute' for 3 minutes. Add beans and 4 cups of water; bring to a boil. Reduce heat and simmer 2 1/2 hours or until beans are tender. Stir in 1/4 teaspoon of salt, 1/4 teaspoon of black pepper and cumin.

Heat a medium skillet over medium heat. Coat pan with cooking spray. Add the onion, bell pepper, jalapeno and garlic. Cook for 8 minutes, stirring occasionally. Stir 1/4 teaspoon of black pepper and the onion mixture into the bean mixture.

Bring two cups of water to a boil in a small saucepan over medium-high heat. Stir in 1/4 teaspoon of the salt, the rice and turmeric. Cover and reduce heat. Simmer for 20 minutes or until liquid evaporates and rice is tender.

Spoon 3/4 cup of rice into each of 4 bowls and top each serving with about 2/3 cup of the bean mixture, 3/4 cup of tomato and 1 1/2 teaspoons of cilantro.

Per Serving (excluding unknown items): 321 Calories; 1g Fat (3.6% calories from fat); 11g Protein; 67g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 296mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fat.