

## Cuban Black Beans and Rice

Filled with brown rice, beans, onions, cilantro and flavors of the Islands, Cuban Black Beans and Rice is a great meatless choice!

### CACFP Home Childcare Crediting Information

½ cup beans and ½ cup rice (1/2 cup measuring cup or 4 fl oz spoodle) provides

#### Legume as Meat Alternate

¼ cup vegetable (¼ cup other vegetable), 1 oz equivalent meat alternate, and 1 oz equivalent grains.

OR

#### Legume as Vegetable

½ cup vegetable (¼ cup legume vegetable, ¼ cup other vegetable), and 1 oz equivalent grains.



**Preparation Time:** 20 minutes

**Cooking Time:** 30 minutes

**Makes:** 6 servings

## Ingredients

2 cups Water, boiling

¼ tsp Salt

1 ⅞ cups or 7 oz Brown rice, long-grain, regular, dry, parboiled

2 Tbsp or ⅛ cup Canola oil

¾ cup or 3 oz Fresh onions, diced

½ cup or 3 oz Fresh green bell peppers, diced

1 Tbsp and 1 tsp Garlic, minced

2 tsp Ground cumin

1 tsp Vegetable base powder bouillon, low-sodium

2 cups or 14 oz Canned low-sodium black beans, drained, rinsed

OR

2 cups 14 oz Dry black beans, cooked

(See Notes Section)

1 cup Water

¼ tsp Salt

¼ cup or ½ oz Fresh cilantro,

minced ¾ cup or 3 oz Fresh onions,

minced

## Directions

- 1 Preheat Oven:  
Conventional oven: 350 °F.  
Convection oven: 325 °F.
- 2 Bring 2 cups water to a boil in a medium saucepan.
- 3 Add salt.
- 4 Place brown rice in a small baking dish (8" x 8" x 2").
- 5 Pour boiling water over brown rice. Stir. Cover dish tightly.
- 6 Bake:  
Conventional Oven: 350 °F for 40 minutes.  
Convection Oven: 325 °F for 40 minutes.
- 7 Critical Control Point:  
Heat to 140 °F or higher for at least 15 seconds.
- 8 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
- 9 Critical Control Point:  
Hold for hot service at 140 °F or higher.
- 10 Set rice aside for step 19.
- 11 Heat oil in a medium saucepan uncovered over medium high heat.
- 12 Add onions and bell peppers. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
- 13 Add garlic, cumin, vegetable base, and beans. Stir constantly for 1-2 minutes.
- 14 Add 1 cup water and salt.
- 15 Bring to a boil. Reduce heat to medium. Simmer for 5-10 minutes.
- 16 Add cilantro. Stir well.
- 17 Critical Control Point:  
Heat to 140 °F or higher for at least 15 seconds.

**Notes Section:**

**How to Cook Dry Beans**

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans.

Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

**Source:**

CACFP Home Childcare 6-Serving Recipe Project

**Directions continued**

- 17 Critical Control Point: Hold at 140 °F or higher until served.
- 18 Pour black bean mixture into a baking dish (9" x 13" x 2").
- 19 Serve rice with ½ cup (1/2 cup measuring cup or 4 oz spoodle).
- 20 Serve black beans with ½ cup (1/2 cup measuring cup or 4 oz slotted spoodle) over rice. Garnish with onions.

**Nutrients Per Serving: Calories** 256, **Protein** 7 g, **Carbohydrates** 41 g, **Dietary Fiber** 5 g, **Total Sugars** 2g, **Total Fat** 6 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 374 mg, **Vitamin A** 10 mcg RAE, **Vitamin C** 12 mg, **Vitamin D** 0 IU, **Calcium** 55 mg, **Iron** 2 mg, **Potassium** 297 mg

