



Red Beans and Rice

Rice and beans is a staple dish in many South American countries. The popular duo is sometimes called “casamiento” or “matrimonio,” which means wedding or marriage. Rice and beans is also a popular part of Creole cuisine in Louisiana.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 20 minutes

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INGREDIENTS

- 1 tablespoon** olive oil
- 1 ½ cups** onions, fresh, peeled, ¼" diced
- 1 ½ cups** green bell peppers, fresh, ¼" diced
- 3 cloves** garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
- ¾ cup** brown rice, instant, uncooked
- 2 teaspoons** cumin, ground
- 2 teaspoons** oregano, leaves, dried
- ½ teaspoon** salt, table
- ½ teaspoon** black pepper, ground
- 2 cups** chicken broth, low-sodium
- 3 cups** kidney beans, dark red, canned, low-sodium, drained and rinsed; *or* kidney beans, dry, cooked

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DIRECTIONS

- 1.** Heat oil on medium–high in a medium skillet.
- 2.** Add onions and peppers, and sauté for about 3 minutes or until onions are soft.
- 3.** Reduce heat to medium.
- 4.** Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
- 5.** When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium–high, and bring to a boil.
- 6.** Stir in kidney beans. Reduce heat to medium, and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
- 7.** Serve ¾ cup.

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

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NUTRITION INFORMATION

For $\frac{3}{4}$ cup.

Nutrients	Amount
Calories	173
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	313 mg
Total Carbohydrate	30 g
Dietary Fiber	7 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	41 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup provides legume as meat alternate: 1 $\frac{1}{2}$ oz equivalent meat alternate, $\frac{1}{4}$ cup vegetable and $\frac{1}{2}$ oz equivalent grain; *or* legume as vegetable: no equivalent meat alternate and $\frac{5}{8}$ cup vegetable and $\frac{1}{2}$ oz equivalent grains.

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CHEF TIPS

Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked beans.

Overnight Method: Add 1 $\frac{3}{4}$ qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 $\frac{3}{4}$ qts 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 recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 $\frac{3}{4}$ qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.