

Side Dishes

Black Beans on Rice

Women's Day

Start to Finish Time: 20 minutes

1 box (8 oz) yellow rice mix
2 teaspoons oil
1 cup chopped onion
1 tablespoon minced garlic
1 chicken bouillon cube
1 box (10 oz) frozen chopped kale
2 cans (15.5 oz) black beans, rinsed
2 teaspoons smoked paprika
1 teaspoon dried thyme
1 teaspoon ground cumin

Cook rice as package directs.

Heat oil in a 3-qt saucepan over medium heat. Add onion and saute' 2 to 3 minutes until translucent. Stir in garlic; cook 30 seconds or until mixture is fragrant.

Add 1 cup water, the bouillon cube and kale. Bring to a boil, reduce heat, cover and simmer, stirring occasionally, 5 to 6 minutes until kale thaws. Add beans, paprika, thyme and cumin; simmer 5 minutes. Serve over rice.

Per Serving (excluding unknown items): 1499 Calories; 16g Fat (9.3% calories from fat); 87g Protein; 261g Carbohydrate; 63g Dietary Fiber; 1mg Cholesterol; 773mg Sodium. Exchanges: 16 Grain(Starch); 4 1/2 Lean Meat; 3 Vegetable; 2 Fat.