

Black Beans & Brown Rice

for the beans

- 8 cups water, plus more if needed
- 1 1 lb bag dried black beans, picked over, rinsed and drained
- 1 jalapeño pepper, halved and seeded
- 2 medium onions, quartered
- 5 garlic cloves, smashed
- 2 tbs red wine vinegar
- Coarse salt and freshly ground pepper

for the rice

- ¼ cup extra-virgin olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, minced
- 2 cups long-grain brown rice
- 3½ cups water

make the beans

Bring water, beans, jalapeño, onions, garlic, vinegar, 1 tbs salt, and 1 tsp pepper to a simmer in a medium All-Clad saucepan. Cook, stirring occasionally, until beans are tender, about 1½ hours. (Add more water, ¼ cup at a time, if needed.) Season with salt and pepper. Transfer to a bowl.

meanwhile, make the rice

Heat oil in a medium All-Clad saucepan over medium-high heat. Cook onion and garlic until onion softens, about 5 minutes. Add 2 tsp salt and 1 tsp pepper along with the rice. Cook until rice is slightly toasted, about 3 minutes. Add water and bring to a simmer. Reduce heat to low and gently simmer, covered, until rice absorbs water, 25–30 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff rice with a fork and season with salt and pepper. Serve topped with beans.

just a suggestion...

Serve with fresh cilantro, diced red onion, chopped tomato, cubed avocado, sour cream, shredded cheese and/or hot sauce.

Black Beans & Brown Rice



Turn this classic combo into a healthy side dish or entrée using **All-Clad Saucepans**.

STOP BY THE HOME STORE

TUESDAY, APRIL 20

and learn to make this healthy yet filling dish.

COOK TECH
bloomingdales

All-Clad