



## Black Beans With Plantains

This flavorful dish includes black beans and plantains, two foods frequently used in meals in South America and the Caribbean. Plantains are a staple food in many tropical regions. They can be steamed or boiled and used similarly to how potatoes are used in North America.

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 30 minutes

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### INGREDIENTS

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- ½ cup** brown rice, long-grain, uncooked
- 1 cup** water
- 1 teaspoon** canola oil
- 1¼ cups** onions, fresh, peeled, ¼" diced
- 1 clove** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)
- 1 quart** black beans, low-sodium, canned, drained and rinsed; or black beans, dry, cooked
- ½ cup** water
- 1 cup** tomato sauce, low-sodium, canned
- 2/3 cup** plantains, fresh, ripe (yellow), peeled, ¼" diced
- 1 tablespoon** cumin, dried, ground
- 1 teaspoon** paprika
- ½ teaspoon** black pepper, ground
- 2 tablespoons** salsa, traditional (optional)
- 2 tablespoons** cilantro, fresh, chopped (optional)
- 2 tablespoons** onions, green, with tops, fresh, chopped (optional)

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### DIRECTIONS

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- 1.** Combine brown rice and 1 cup water in a small stockpot. Stir once.
- 2.** Heat on medium-high heat to a rolling boil.
- 3.** Cover and reduce heat to medium. Cook 15–20 minutes, until water is fully absorbed. Fluff the rice gently with a fork.
- 4.** Heat oil in a medium stockpot on medium-high heat.
- 5.** Add onions, and sauté until soft.
- 6.** Add garlic. Continue cooking until garlic is fragrant, 1–2 minutes. Stir frequently.
- 7.** Add cooked rice, black beans, ½ cup water, tomato sauce, plantains, cumin, paprika, and pepper.
- 8.** Stir well, and bring to boil. Stir frequently.
- 9.** Reduce heat to medium-low, and simmer for 5 minutes or until liquid is absorbed into the ingredients. Heat to 140 °F for at least 15 seconds.
- 10.** Serve 1 cup.
- 11.** Garnish each serving with 1 tsp of salsa, 1 tsp of cilantro, and 1 tsp of green onions (optional).

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

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## NUTRITION INFORMATION

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For 1 cup of Black Beans With Plantains.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>197</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>193 mg</b>
<b>Total Carbohydrate</b>	<b>38 g</b>
Dietary Fiber	10 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>9 g</b>
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Vitamin D	N/A
Calcium	65 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

1 cup provides legume as meat alternate:  
1½ oz equivalent meat alternate, ¼ cup  
vegetable, and ½ oz equivalent grains; or  
legume as vegetable: ⅝ cup vegetable  
and ½ oz equivalent grains.

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## CHEF TIPS

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### **For Soaking Dry Beans**

1 lb dry black beans = about 2¼ cups dry  
or 4½ cups cooked beans.

**Overnight Method:** Add 1¾ qt cold water  
to every 1 lb of dry beans. Cover, and  
refrigerate overnight. Discard the water.  
Proceed with recipe.

**Quick-Soak Method:** Boil 1¾ 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 recipe.

### **For Cooking Dry Beans**

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

Use cooked beans immediately.

### **Critical Control Point**

Hold for hot service at 140 °F or higher  
or chill for later use. To chill, cool to  
70 °F within 2 hours and to 40 °F or  
lower within an additional 4 hours.