



## 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

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- 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

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- 1.** Heat oil on medium–high in a medium skillet.
- 2.** Add onions and peppers. Sauté for about 3 minutes or until onions are soft.
- 3.** Reduce heat to medium. Stir in garlic, brown rice, cumin, oregano, salt, and pepper.
- 4.** 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.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>173</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>313 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	7 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
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://teammnutrition.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:  $\frac{5}{8}$  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.