



Easy Black Beans and Rice

Jacob · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

4

Description

Black Beans and Rice is the perfect family side dish. It's fast and affordable and everyone loves the taste. A black bean and rice dish is more than satisfying; it's packed with protein for a healthy meal. Our recipe for rice and beans can't be easier. You make it with GOYAreg Canned Beans so you won't mind when your family requests it again and again.

Ingredients

- - 1 (15.5 ounce) can Goya Black Beans
- undrained - 1 tablespoon Goya Extra Virgin Olive Oil - 1 tablespoon Goya Golden Cooking Wine - 1 tablespoon Goya Recaito - 1 Goya Bay Leaf - 1 packet Sazon Goya without Annatto - ½ teaspoon brown sugar - ½ teaspoon Goya Oregano Leaf
- or to taste - ½ teaspoon Goya White Vinegar - ¼ teaspoon Goya Cumin
- or to taste - Goya Adobo with Pepper
- to taste - 2 cups cooked Canilla Extra Long Grain Rice

Instructions

1. Add 1/4 cup water to 4 quart saucepan over medium heat. Add first 10 ingredients to pot. Bring bean mixture to a boil. Reduce heat to medium-low and simmer until flavors come together
2. about 10 minutes. Discard bay leaf; season beans with Adobo. Divide beans evenly among serving plates. Divide cooked rice evenly among plates alongside beans. Cooking Tip from La Cocina GOYA Freeze beans for better leftovers: Leftovers? No problem! Cooked bean dishes
3. like this one
4. are great candidates for freezing. The hearty legumes tend to retain their taste
5. texture and color for up to 3 months in the freezer. Just place the cooled beans in an air-tight container
6. freeze
7. and you'll have a delicious homemade side on call!