

# Classic and Simple: Black Beans and Rice

Yield: 5 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-black-beans-recipe>

## Ingredients:

- 4 teaspoons olive oil
- 1 green bell pepper seeded and chopped
- 1 onion finely chopped
- 5 1/2 cloves garlic finely minced
- 32 ounces black beans rinsed and drained
- 14 1/2 ounces diced tomatoes
- 1 1/2 cups low sodium chicken broth
- 3/4 teaspoon dried thyme
- 1 bay leaf
- 1/2 teaspoon dried oregano
- 1/2 cup water
- 2 tablespoons chopped fresh cilantro finely
- freshly ground pepper Salt and, to taste
- 4 1/2 cups brown rice or hot, cooked white

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 171 grams
3. Fat: 10 grams
4. Fiber: 20 grams
5. Protein: 28 grams
6. SaturatedFat: 2 grams
7. Sodium: 730 milligrams
8. Sugar: 4 grams

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