

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box:

One of our favorite recipes:



Cuban Style Rice and Beans

From: Dara Reppucci ("*Generation Y Foodie*" blog) | **Yield:** 6 servings | **Time:** 1 hour 10 minutes

Ingredients

1 TBSP extra virgin olive oil	1 TBSP red wine vinegar
2 cloves garlic, minced	1 tsp chili powder
1 bell pepper, seeded and diced	3/4 cup brown rice, dry
1 medium yellow onion, diced	2/3 cup dry black beans, soaked (<i>or one 15-oz can</i>)
1 jalapeño pepper, seeded & diced	4 cups low sodium vegetable stock
2 TBSP tomato paste	2 TBSP fresh cilantro, plus more for garnish

Directions

1. Sauté garlic, bell pepper, onion, and jalapeño in olive oil on medium heat until soft (about 4 to 6 minutes).
2. Add tomato paste, vinegar, and chili powder. Cook 3 minutes.
3. Add rice, beans, and vegetable stock. Cover.
4. Bring mixture to a boil. Reduce heat to medium low.
5. Keep covered. Simmer 30–40 minutes, or until rice and beans are cooked through and stock is absorbed.
6. Add cilantro and stir.

