

Brown Rice, Black Beans and Sweet Potatoes

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**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

Serves: 4

Prep: 5 minutes | **Cook:** 60 minutes

INGREDIENTS

- 1 (15 oz.) can black beans, drained and rinsed
- 1 ½ cups brown rice
- 1 sweet potato, diced
- ½ onion, diced
- 1 tablespoon olive or canola oil
- 1 clove garlic, minced
- Salt and pepper, to taste

DIRECTIONS

1. Bring 3 cups water to a boil in a large pot. Add rice and cover tightly. Turn heat to low and cook for 30-40 minutes, or until there is no water remaining.
2. While rice is cooking, chop onion and garlic. Heat oil in a medium skillet. Add garlic and onion, and sauté until golden brown.
3. Cut sweet potatoes. Bring water to a boil in a small pot. Add sweet potatoes and cook for 5-7 minutes or until tender.
4. Strain the sweet potatoes, and place in a large bowl. Add brown rice, black beans and sautéed onions and garlic. Season with salt and pepper to taste.



Nutrition Information

Serving Size: 1/4 recipe, made with olive oil and without added salt

Calories	321
Total fat	5.5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	15 mg
Carbohydrates	62 g
Fiber	3.7 g
Sugars	2.5 g
Protein	6.2 g

Recipe source: SuperFood Drive