

Meal Kit #3

Recipe #1

Frijoles y verduras con arroz

Beans & Greens with Rice

Frijoles y verduras con arroz

Adaptado de Budgetbytes.com

INGREDIENTES

- 1 taza de arroz
- 1 cucharada de aceite de oliva
- 1 cebolla amarilla, picada al tamaño de un guisante
- 3 dientes de ajo, picados muy pequeños
- 1 paquete de sazón
- 2 cucharadas de pasta de tomate (guardar el resto para otras recetas)
- 2 tazas de agua
- 2 latas de frijoles pinto
- 1 manojo de acelgas verdes, lavadas y cortadas en trozos pequeños
- 1 paquete de copos de pimienta roja
- 2 paquetes de salsa picante
- Sal y pimienta al gusto

INSTRUCCIONES

1. Empieza a cocinar el arroz en una olla aparte según las instrucciones del paquete.
2. En una olla grande para sopa, añade 2 cucharadas de aceite de oliva a fuego medio. Añade la cebolla, el ajo y el paquete de sazón. Añade medio paquete de copos de pimienta roja (más si lo quieres picante). Saltear hasta que las cebollas estén blandas, unos 8 minutos.
3. Añade las 2 cucharadas de pasta de tomate y las 2 ½ tazas de agua. Remover para combinar.
4. Escurrir las 2 latas de frijoles y añadir las a la olla, removiendo.
5. Sube el fuego a medio-alto, y lleva la olla a un suave hervor. Una vez hirviendo, reduce el fuego a bajo y cocina a fuego lento durante 5 minutos, removiendo de vez en cuando.
6. Utiliza el dorso de una cuchara para aplastar algunos de los frijoles contra el lateral de la olla para espesar el caldo.
7. Añade las acelgas picadas a la olla y cocina a fuego lento hasta que las verduras se marchiten, unos 10 minutos. Si el caldo está demasiado aguado, sigue cocinando a fuego lento hasta que tenga la consistencia deseada. Prueba y rectifica la sazón.
8. Servir caliente con arroz y añadir salsa picante si se desea.

Tiempo de preparación: 10-15 minutos; **Tiempo de cocción:** 20-25 minutos; **Raciones:** 4

Meal C1: Beans & Greens with Rice

Nutrition Facts

4 Servings Per Container
Serving Size 436g

Amount Per Serving
Calories 420

	% Daily Value *
Total Fat 6g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1000mg	43%
Total Carbohydrates 81g	29%
Dietary Fiber 4g	15%
Total Sugars 4g	
Includes Added Sugars 0g	
Protein 22g	
Vitamin D 0ug	0%
Calcium 140mg	11%
Iron 8.3mg	46%
Potassium 1600mg	34%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beans, navy, mature seeds, sprouted, cooked, boiled, drained, with salt, Chard, swiss, cooked, boiled, drained, without salt, White Rice, Onions, cooked, boiled, drained, without salt, Tomato products, canned, paste, without salt added (Includes foods for USDA's Food Distribution Program), Garlic, Hot Sauce, Olive Oil, Seasoning mix, dry, sazón, coriander & annatto

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INGREDIENTS

- 1 cup rice
- 2 tablespoons olive oil
- 1 yellow onion, chopped to size of a pea
- 3 cloves garlic, chopped tiny
- 1 packet sazón
- 2 tablespoons tomato paste (save remainder for other recipes)
- 2 cups water
- 2 cans pinto beans
- 1 bunch swiss chard greens, washed, ends trimmed, and chopped into bite-sized pieces
- 1 packet red pepper flakes
- 2 packets hot sauce
- Salt and pepper to taste

INSTRUCTIONS

1. Start the rice cooking in a separate pot according to package instructions.
2. In a large soup pot, add 2 tablespoons of olive oil over medium heat. Add the chopped onion, garlic, and packet of sazón. Add one-half packet of red pepper flakes (more if you want it spicy). Sauté until the onions are soft, about 5-8 mins.
3. Add the 2 tablespoons tomato paste and 2 ½ cups of water. Stir to combine.
4. Drain the 2 cans of beans and add to the pot, stirring.
5. Turn the heat up to medium-high, and bring the pot up to a gentle boil. Once boiling, reduce the heat to low, and simmer for 5 minutes, stirring occasionally.
6. Use the back of a spoon to smash some of the beans against the side of the pot to thicken the broth.
7. Add the chopped Swiss chard to the pot, stir, and cover the pot. Simmer until the greens are wilted, about 10 minutes. If the broth is too watery, continue to simmer until desired consistency. Taste and adjust the seasoning.
8. Serve hot with rice. Top with hot sauce if desired.

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