

# Cilantro Lime Rice & Beans

## Ingredients:

- 15 oz. cooked black beans
- ½ cup cilantro, chopped
- 2 tbsp. fresh lime juice
- ½ tbsp. ground ginger
- 1 small yellow onion
- 1 tbsp. extra virgin olive oil
- 2 fresh tomatoes, diced
- 2 cup brown rice
- 2 ½ cup low sodium vegetable broth
- 1 tbsp. garlic, minced
- 1 tsp. black pepper
- ¼ tsp. salt



\*VEGAN



\*GLUTEN-FREE



\*SOY FREE

## Nutrition Facts

Serving Size 2 cups (453g)  
Servings Per Container 4

Amount Per Serving

**Calories** 550    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g    **11%**

  Saturated Fat 1g    **5%**

  Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 240mg    **10%**

**Total Carbohydrate** 105g    **35%**

  Dietary Fiber 14g    **56%**

  Sugars 5g

**Protein** 18g

Vitamin A 4%    •    Vitamin C 30%

Calcium 8%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Soak brown rice in water for 1 hour, to soften. Drain water and set aside.
2. Sauté your onion in a pan with oil until slightly translucent or slightly browned, add garlic and sauté for an additional minute.
3. Add brown rice, low sodium vegetable broth, cilantro, ginger, diced tomatoes, salt and pepper.
4. Bring to a boil, than cover and simmer for 20 to 30 minutes.
5. Once rice is cooked, fluff with a fork and top with black beans, rest of lime juice and serve with a sprig of cilantro.