

Black Beans, Cilantro-Lime Rice and Plantains



This makes dinner for six
(2 quarts beans and six servings of rice)

Steps

1. **Make the plantains.** Preheat oven to 350°F. Prepare a baking dish or sheet pan with foil (non-stick if you have it). Spray or brush with canola oil. Remove plantain peel and cut plantains in half lengthwise. Cut each half in half again. Place cut plantains on baking pan and brush the tops with remaining oil. Bake for 20 - 30 minutes until they are fork tender. Broil the top for a few minutes to get a nice brown top.

2. **Make the beans.** Using an instapot, saute the onion, garlic and pepper (on saute or brown mode) with oil until fragrant - a few minutes. Add cumin, paprika, chile powder and stir well. Add beans. Stir. Add water and close the top. Cook on "high pressure" for 28 minutes with a slow/natural release. Beans should be tender and there should be some liquid left. Add two teaspoons of Kosher salt. Stir. Let salt absorb for a few minutes before tasting to see if there is enough seasoning. Serve hot.

3. **Make the rice.** In a medium-sized pot over medium-high heat begin sauteing the chopped onions and garlic with oil until translucent (less than 2 minutes). Add the rice and stir to coat rice with oil. Add zest, lime juice, salt and water. Stir and allow mixture to come to a boil. Once it's boiling, kick back heat to simmer and put the lid on the pot. Continue cooking until all the liquid is absorbed in the rice (about 15 - 20 minutes). Fluff with a fork and fold in the cilantro. Serve warm.

For the plate, serve the plantains, beans and rice with chunks of queso fresco. Enjoy!

Ingredients

For the Plantains

- 2 pounds SUPER ripe plantains (lots of brown spots)
- ¼ cup canola oil

For the Beans

- 2 tablespoons olive oil
- ½ brown onion, chopped
- 3 cloves garlic,, minced
- 1 jalapeno pepper, minced
- 1 teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon ancho chile powder
- 1 pound black beans, picked through and rinsed well (about 3 cups)
- 6 cups water
- 2 teaspoons Kosher salt

For the Rice

- 2 tablespoons olive oil
- ¼ cup onion, finely chopped
- 1 clove garlic, minced
- 1 ½ cups long-grain rice
- Zest from one lime
- 1 tablespoon fresh lime juice
- 1 ¼ teaspoon Kosher salt
- 2 ½ cups water
- ½ cup fresh cilantro, finely chopped

For the Plate

- 1 package queso fresco, sliced