

## Black Bean and Rice Salad

Full of protein, fiber, and flavor, this salad works well as a side dish or stands alone as a main dish. It can also be made ahead of time and refrigerated.

Makes: 3 servings  
Prep Time: 1 hour, 20 minutes

Source:  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-and-rice-salad>

### Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup bell pepper (green or red, chopped)
- 1 cup brown rice (or white rice, cooked and cooled)
- 1 can low-sodium black beans (15 ounce, drained and rinsed)
- 1/4 cup rice vinegar (or white wine vinegar or lemon juice)
- 1/2 teaspoon mustard powder (optional)
- 1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil

### Directions

1. Wash hands with soap and water.
2. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
3. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
4. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	520
Total Fat:	12g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	688mg
Total Carbohydrates:	87g
Dietary Fiber:	17g
Total Sugars:	3g
Added Sugars:	0g
Protein	18g

### Utensils Needed

- Can opener
- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Mixing bowl
- Colander
- Jar with tight fitting lid

# SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$6.07

Average cost/serving: \$2.02

Recipe makes: 3, 1 cup servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Bell Pepper (green or red)



Add 1 to Cart  
Garlic



Add 1 to Cart  
Brown Rice



Add 1 to Cart  
Can Black Beans (15 ounce)



Add 1 to Cart  
Onion

SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes:

- Freeze leftover cut up onion and bell peppers for use in other meals (make sure they are dry first).
- Use dry beans in place of canned beans to save money.
- Read the nutrition facts label to look for black beans that are lower in sodium when choosing canned