

Vegan Dirty Rice

Serving Size: ½ cup

Makes 9 servings

Ingredients:

½ cup	Black Beans, dry
1 tbsp	Canola Oil
1 tbsp	Garlic Cloves, minced
½ cup	Yellow Onion, chopped
½ cup	Celery, chopped
½ cup	Green Bell Pepper, chopped
1 tbsp	Thyme, fresh, minced
½ tsp	Cayenne Pepper, ground
2/3 cup	White Rice, dry
1 1/3 cup	Low Sodium Vegetable Broth
6 oz	Plum Tomatoes, small diced
1 ½ oz	Okra, cut
¼ tsp	Kosher Salt
½ tsp	Ground Black Pepper

Preparation:

1. Cover black beans with water and soak overnight.
2. After soaking, drain beans. Place in a saucepan and cover with water. Bring to a boil, reduce heat and simmer until beans are tender. Drain and set aside.
3. In a heavy saucepan, heat oil over medium heat. Add garlic, onion, and celery. Sauté for 5 minutes, stirring frequently.
4. Add in the bell pepper, thyme, and cayenne. Sauté for 2 minutes more.
5. Add rice to saucepan and stir to coat. Add vegetable broth, bring to a boil.
6. Once boiling, reduce heat to low and simmer rice for 25 minutes or until rice is cooked.
7. Mix in tomatoes, okra, cooked black beans, salt, pepper and mix until warm throughout.

RD NOTE: look for low-sodium or no-salt-added broth to keep the sodium in check.

CHEF NOTE: can use frozen okra, just ensure frozen okra has no added seasonings or salt.

NUTRITION FACTS

PER SERVING

calories	120
total fat (g)	2
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	85
total carbohydrate (g)	21
dietary fiber (g)	4
sugar (g)	2
protein (g)	4



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