






SERVES: 02  
EST. COST: \$2.75 SERVING

# BLACK BEAN BOWL

ACTIVE: 20 MIN  
TOTAL TIME: 30 MIN

INGREDIENTS		DIRECTIONS	
<b>PICKLED RED ONIONS</b>		01.	First, make the pickled red onions. In a small bowl, combine the onion, red wine vinegar, lime juice, sugar, and salt.
1/2 cup	red onion – thinly sliced	02.	Grab a medium saucepan and add the rice. Rinse a few times to remove some of the starch – this prevents the rice from clumping together. Add 1 1/4 cups of salted water, then bring to a boil. Simmer on low with the lid on until the water is absorbed (about 15 min). Remove from heat, then place a kitchen towel in between the pot and lid to absorb any excess moisture. This part is crucial if you don't want your rice to become a mushy mess (trust us). Steam for another 10 min.
1/4 cup	red wine vinegar	03.	In the meantime, make the beans. In a small saucepan, stir together the black beans, chili powder, cumin, oregano, chili flakes, and salt to taste. Bring to a boil, then simmer on low until you're ready to eat.
1/4 cup	lime juice	04.	Once the rice has done its thing, fluff with a fork, then stir in the butter, chopped cilantro, lime zest, and salt to taste.
1/2 tsp	sugar	05.	Dress the arugula with 1 tbsp of the pickled onion liquid and a little bit of olive oil. Assemble everything in two bowls, then get it in your mouth asap.
1/4 tsp	salt		
<b>EVERYTHING ELSE</b>			
1 cup	long-grain white rice		
15 oz	can of black beans		
1 tbsp	chili powder		
1/2 tsp	ground cumin		
1 tsp	dried oregano		
A pinch of	chili flakes		
1 tbsp	unsalted butter		
1/4 cup	cilantro – finely chopped		
1 1/2 tsp	lime zest		
A handful of	arugula		
<b>EQUIPMENT</b>			
			
Knife	Cutting Board	Medium Saucepan	
			
Small Saucepan	Microplane		