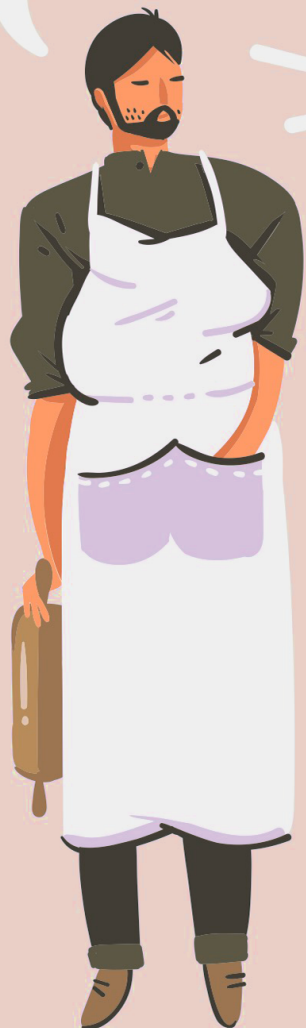


CreakyKitchen

HAPPY
COOKING



BLACK BEANS WITH FALL SQUASH AND RICE

INGREDIENTS

1-2 Tbsp Olive Oil
½ Onion, Diced
1 Sweet Pepper, Deseeded and Diced
1-2 Tbsp Sofrito (homemade or Store Bought)
½ Packet Sazon
½ Bouillon cube or 1 tsp Jarred Soup Base (chicken, veggie, or mushroom)
Adobo seasoning (to taste)

½ tsp Cumin
2 15.5oz Cans Black Beans, Drained and Rinsed
½ - ¾ cups Water
Rice
Acorn Squash, Cut in Half Lengthwise, Seeded and Cut into ¾ - 1 inch half moons

EQUIPMENT
1 Sauce Pan, 1 Sharp Knife for Slicing, and 1 Large Pot



DIRECTIONS

Beans

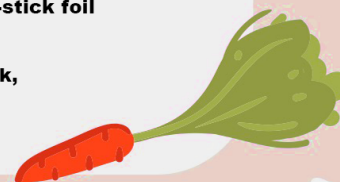
- In a 2Q saucepan, heat oil to a simmer
- Add onion and pepper and sauté 3 mins
- Add sofrito and seasonings and simmer for 3-5 more minutes until fragrant
- Keep this moving over medium heat until the onions are translucent
- Add the drained and rinsed beans and break up a bit with the back of your cooking spoon/spatula
- Add the water, stir and over to simmer on the lowest setting of the burner for 20-25 mins until beans are tender.

Rice

- *Plain white rice is more of a ratio than a recipe. Two parts liquid (water, stock or broth) to one part rice is the ratio. *
- Wash your rice to remove excess starch and let drain in a sieve
- Heat your liquid to a boil and add salt (as desired and either 1 tablespoon olive oil or butter)
- Let the pot come back to the boil, cover and turn to low
- Keep an eye on the pot as rice loves to boil over, you'll have to lift the lid a couple of times as the rice goes from a boil to a simmer
- Clamp on the lid and cook on low for 20 minutes
- After 20 minutes, turn off the burner and let the rice sit for an additional 10 mins or so until all water is absorbed and the rice can be easily fluffed with a fork.

Acorn Squash

- *Seasonings are up to the cook: Umami Mushroom seasoning, Adobo, Cumin or simple salt & pepper. All are great options. Here I used Adobo, Cumin & a little umami mushroom seasoning.*
- Preheat oven to 400 and line a sheet pan with either parchment or non-stick foil
- Toss squash in the olive oil, then season as desired
- Roast for 20 minutes, turning once halfway through
- Test doneness by piercing with the tip of a knife or tines of a fork,



Bon
APPETIT

