



INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1 1/2 cloves garlic chopped	3/8 cup low sodium vegetable broth
4 1/2 cups collard greens chopped	3/4 can Canned Diced Tomatoes, No Salt Added
3/4 yellow onion diced	3 dashes salt
3/4 teaspoon dried oregano	1 1/2 cups cooked brown rice
3 tablespoons olive oil, divided	1 1/2 cups black beans
	3/4 lime

Cooked Brown Rice

1 cup Brown Rice (dry/uncooked)
2 1/2 cups water

NUTRITION INFORMATION PER SERVING

Protein 23g	Fruits 0.25 servings
Total Fat 24g	Vegetables 5 servings
Carbs 78g	Saturated Fat 2.31g
Calories 585kcal	Sodium 469mg
Iron 6.1mg	Fiber 27g
Vitamin C 121mg	Added Sugar 0g

Beans, Rice & Greens

BY EVERYDAY EATLOVE

🕒 15 MINS PREP | 🕒 45 MINS COOK | 🍴 3 SERVINGS

🕒 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Cook brown rice according to package directions.
2. Heat the saucepan on medium-high heat for 1 minute and add half the oil, half the garlic, and the chopped greens. Sauté until tender, about 4 minutes. Remove the greens from the pan and set aside.
3. In the same pan, heat the remaining oil. Add the chopped onion and the remaining garlic and sauté until brown, stirring occasionally with a spoon or spatula. Add the broth a couple tablespoons at a time. Continue to cook to reduce the liquid until the onions are soft and caramelized, about 10 to 15 minutes.
4. Add the can of tomatoes and its juices to the pan. Heat the mixture to a simmer, with small bubbles coming up to the surface gently. Allow to cook at this heat for 8 to 10 minutes.
5. Add cooked greens, dried oregano, and salt. Continue to simmer, stirring occasionally for 3 to 5 minutes.
6. Fold the cooked rice and beans into the pan and heat through.
7. Garnish with a squeeze of lime juice and extra herbs, if desired.

Cooked Brown Rice

1. Combine rice and water in a pot and bring to a boil.
2. Cover and reduce heat to low.
3. Simmer for 30-40 minutes until most of the liquid is absorbed then remove from heat.
4. Keep covered and steam for an additional 10 minutes.
5. Fluff with fork.

