

## Black Beans & Rice (*Mediterranean-Style*)

Serves 2

### Ingredients

- Olive oil – 10 ml (2 tsp)
- Onion – 1 small (80 g), chopped
- Garlic – 2 cloves (10 g), grated or pressed
- Tomato paste – 40 g
- Water or vegetable broth – 40 ml
- Smoked paprika – 1 tsp
- Ground cumin – ½ tsp
- Black beans – 230 g (cooked or from can, drained)
- Cooked basmati rice – 125 g (≈ ½ cup uncooked = 100 g)
- Salt + MSG blend – 0.75 g salt + 0.2 g MSG (≈ ⅛ tsp total)
- Black pepper or red pepper flakes – pinch
- Fresh parsley – 1 Tbsp (5 g), chopped
- Lemon juice – 1 Tbsp (15 ml), for finishing



### Optional Topping (Choose one)

#### **1** Marinated Feta (Traditional)

- Feta cheese – 55 g (crumbled)
- Lemon juice – 1 Tbsp (15 ml)
- Honey or maple syrup – ½ tsp
- Dried oregano – ½ tsp

#### **2** Greek Yogurt (Substitute if no Feta)

- Oikos plain non-fat Greek yogurt – 60 g
- Lemon juice – 1 tsp (5 ml)
- Honey – ¼ tsp
- Dried oregano – ¼ tsp

Mix and let sit 5 minutes to develop flavor. If you prefer something more “cheese-like,” use 雪印 北海道カッテージチーズ (cottage cheese) ≈ 60 g instead.

### Instructions

#### 1. Prepare topping:

- Combine **feta** (or **yogurt**) with **lemon juice**, **honey**, and **oregano**; set aside to marinate.

#### 2. Cook aromatics:

- Heat **olive oil** in a large skillet over **medium heat**.
- Add **onion** and a pinch of **salt**; sauté **4 minutes** until soft.

#### 3. Build flavor base:

- Add **tomato paste**, **garlic**, **smoked paprika**, **cumin**, and **red pepper flakes**; **cook 1 minute** until fragrant and darkened.

#### 4. Combine:

- Stir in **40 ml water**, then add **rice** and **black beans**. Season with **salt + MSG** and **pepper**.
- Mix well and **cook 5 minutes** until heated through and coated in the spiced tomato base.

## 5. Finish:

- Stir in **parsley** and **lemon juice**.
- Top with the **feta** or **yogurt** mixture and serve warm.

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### Nutrition

**Per Serving (with Feta):** Kcal 425 | Protein 18 g | Fat 14 g | Sat Fat 4 g | Carbs 57 g | Sugars 7 g | Fiber 9 g | Sodium 630 mg (incl. MSG)

**Per Serving (with Greek Yogurt):** Kcal 390 | Protein 20 g | Fat 10 g | Sat Fat 2 g | Carbs 56 g | Sugars 8 g | Fiber 9 g | Sodium 580 mg (incl. MSG)

**Total Dish (2 servings):** Kcal 850 | Protein 36 g | Fat 28 g | Carbs 114 g | Fiber 18 g

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### Notes

- Black beans → chickpeas or lentils | Basmati → brown rice or quinoa
  - Add spinach, corn, or bell peppers for extra color and fiber
  - For oil-free version → use 2 T water instead of oil
  - Flavor boost → add 1 tsp low-sodium soy sauce or Kevala coconut aminos
  - Keeps 2 days refrigerated; excellent served warm or at room temperature
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### Ingredient Availability (Japan-Friendly)

- Rice – Use ジャスミンライス or 白米 if no basmati
- Feta – Sometimes Kaldi or Seijo Ishii; cottage cheese (雪印 北海道カッテージ) or Greek yogurt are great subs
- MSG – 味の素® (80 % salt : 20 % MSG ratio)