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# CUBAN BLACK BEANS AND RICE WITH CARIBBEAN TOFU

SERVES 4

## INGREDIENTS:

one large, heavy bottomed pan with lid (4-5" deep is ideal)

one 8-ounce package SoyBoy Caribbean Tofu, cubed (or more to taste)

1 cup diced onion (½" dice)

1 cup deseeded, diced Bell pepper (green or any color, ½" dice)

2 large cloves garlic, minced

1-2 Tbs. vegetable oil

1 tsp. ground cumin

1 cup plain tomato sauce

1 cup regular uncooked white rice

one 15-ounce can black beans (low sodium if desired)

2 ½ cups vegetable broth (low sodium if desired)

chopped cilantro for garnish (optional)

fresh lime juice for garnish (optional)

## PROCEDURE:

Add a little splash of vegetable oil to the pan on medium to medium-high heat and saute the diced onion and pepper to soften, stirring regularly.

Once the vegetables have softened, add the garlic and ground cumin and cook that along for a minute. Then add the tomato sauce, rice, black beans and vegetable broth and bring it up to a simmer, stirring it a couple of times.

Once it comes to a simmer, adjust the heat so it stays at a nice gentle simmer with the lid on top. The rice will take about 20 minutes to cook and it's a good idea to gently stir it occasionally.

While you're keeping your eye on that, cut the Caribbean tofu into ½" cubes.

After the rice has been cooking about 15 minutes, fold in the cubed tofu and let it continue to cook along until the rice is done.

Season to taste and serve with optional chopped fresh cilantro and a squeeze of fresh lime juice.

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