

# JERK STYLE BLACK BEANS

Makes 4 servings



## Ingredients



1 medium onion, chopped



¼ cup water



1 green bell pepper, chopped



1 red bell pepper, chopped



3 cups cooked or 1 30-oz can black beans, drained and rinsed (no or low sodium preferred)



2 cups fresh or 1 15-oz can chopped tomato (no or low-sodium preferred)



2 teaspoons Jamaican jerk spice\* (add more to taste)



1 teaspoon grated fresh ginger root



\*Optional: 4 cups cooked whole grain like brown rice, farro or quinoa



Salt and pepper to taste

1

In a skillet over medium heat, cook the onion in the water, stirring, until softened, about 5 minutes.

2

Add the green and red bell peppers and cook, stirring, about 5 minutes, until tender.

3

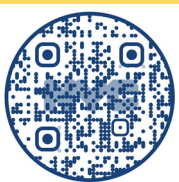
Add the beans, tomatoes, jerk spice, ginger, and pinch of salt. Bring to a simmer, reduce the heat to low and cook for 15 minutes.

4

To make this a complete meal, serve each portion with 1 cup of your favorite whole grain like brown rice, farro or quinoa.

**Nutrition Information (per serving, includes 1 cup brown rice):**  
Calories 460, Total Fat 2.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 300mg, Carbohydrates 92g, Fiber 21g, Added Sugars 0g, Protein 19g

**\*Tip:** Choose a brand of jerk seasoning with lower sodium or make your own jerk spice to limit sodium.



## EAT A WHOLE LOT MORE PLANTS

For free recipes, resources and food assistance, call **311** or visit [nyc.gov/nutrition](https://nyc.gov/nutrition).



Eric L. Adams  
Mayor  
Ashwin Vasani, MD, PhD  
Commissioner