

Havana, Cuba:

Cuban Style Beans & Rice with Mango Salsa

THIS RECIPE USES 4 out of 5 FOOD GROUPS!

INGREDIENTS:

- ¼ cup brown rice, cooked
- ¼ large plantain (optional), sliced
- ½ bell pepper, diced
- ¼ cup red onion, diced
- Jalapeno, diced (optional)
- 1 tablespoon tomato paste
- Water, as needed, to thin our tomato paste
- ¾ to 1 cup black beans, rinsed
- Cuban seasoning, to taste (see recipe card)

Mango Salsa:

- ¼ cup avocado, diced
- ¼ cup mango, diced
- 1 tablespoon red onion, diced
- Cilantro leaves, to taste
- Lime juice, to taste

DIRECTIONS:

1. Wash hands and produce prior to cooking.
 2. Gather and measure all ingredients.
 3. Preheat oven to 400 degrees.
 4. Prepare all produce items:
 - Slice plantains (optional)
 - Dice bell pepper
 - Dice red onion
 - Dice jalapeno (optional)
 - Drain and rinse canned black beans
 - Dice avocado
 - Dice mango
 5. Toss together plantains, bell pepper, and onions with olive oil and desired Cuban seasoning. Roast in the oven until tender.
 6. Prepare mango salsa by mixing diced avocado, mango, red onion with cilantro and lime juice together. Refrigerate until ready to serve with dish.
 7. In a saucepan, sauté black beans, tomato paste, jalapenos, in desired amount of Cuban seasoning and olive oil. Add water, as desired, to thin out tomato paste. Cook until fragrant and hot.
 8. Carefully remove roasted produce items from oven.
 9. Place cooked rice, sautéed black bean mixture, and roasted produce items onto a plate and top with chilled mango salsa!
- Serve and enjoy at mealtime!

This recipe is for one serving, increase ingredients for more servings!



Havana, Cuba: Cuban Seasoning

INGREDIENTS:

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon cumin powder
- ½ teaspoon cayenne pepper
- ½ teaspoon red chili flakes
- 1 dash salt (optional)

DIRECTIONS:

1. Wash hands and produce prior to cooking.
 2. Gather all ingredients.
 3. In a bowl, mix herbs and spices.
- *This makes ~1 tablespoon of Cuban Seasoning.

Children can help with:

- Gathering ingredients
- Gathering measuring spoons
- Measuring out ingredients
- Mixing herbs and spices together

