

Caribbean Black Beans & Rice with mango-papaya salad

Swick

Serves 1 | Active Time: 25 minutes | Total Time:

Chef's Notes

Chayote Squash: Chayote squash is a mild-tasting squash popular throughout Central America. It's available in many large grocery chains, but if you are having trouble finding it, try your local Hispanic supermarket.

Cayenne Pepper: Warning: Spicy! Consider omitting the cayenne pepper if you are serving to children.

Jicama: Jicama is a bulbous root vegetable of a vine native to Mexico. It is similar in texture to a turnip with a taste more like a crisp pear. Buy jicama that feels firm, with smooth, dry skin, and store it in a cool, dark place for up to four weeks, and in the refrigerator when cut. Some stores carry pre-cut jicama, but if you buy the bulb, peel the skin first.

Step 1: Prepare the Dish

- 1 cup brown rice ($\approx$ 3 cups cooked)
 - 12 oz chayote squash chopped ($\approx$ 3 cups)
 - 1 1/2 (15-oz) cans black beans drained & rinsed ($\approx$ 2 1/4 cups)
 - 3/4 red onion, chopped ($\approx$ 3/4 cup)
 - 1 1/2 cups low-sodium vegetable broth
 - 9 cloves garlic, minced ($\approx$ 3 tablespoons)
 - 1/3 teaspoon freshly ground black pepper
 - 1/3 teaspoon ground cumin
 - 2 dashes cayenne pepper
 - 7 1/2 oz mangoes chopped ($\approx$ 1 1/2 cups)
 - 1 1/2 cups papaya
 - 3 oz jicama cut into matchsticks ($\approx$ 3/4 cup)
 - 1/3 cup fresh cilantro chopped
 - 1 1/2 tablespoons fresh lime juice
 - sea salt
- In a saucepan over high heat, bring rice and 2 cups water to a boil. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool; fluff rice with a fork.
- Meanwhile, in a stockpot over medium heat, cook squash, onions, and garlic for 3 minutes. Add broth 1 to 2 tablespoons at a time, to prevent sticking.
- Add remaining vegetable broth, 1/3 cup water, black beans, black pepper, cumin, and cayenne. Bring to boiling; reduce to simmer and cook until squash is tender, covered, 12 to 15 minutes.
- Meanwhile, in a bowl, toss together mango, papaya, jicama, cilantro, and lime juice. Season to taste with salt.
- Serve beans over rice and top with mango-papaya salad.