

A close-up photograph of a plate of food. The plate is filled with a mixture of white rice and dark beans. To the right, there are several pieces of white fish. A vibrant mango relish, composed of diced mango, red bell pepper, green bell pepper, and red onion, is piled on top of the fish. On the left side of the plate, there is a slice of pineapple, a slice of lime, and a slice of red bell pepper. The plate has a green and brown striped pattern.

Rice and Beans

with Mango Relish



Licking Memorial Hospital | Culinary Services

Rice and Beans with Mango Relish (Serves 4)

Ingredients

- 2 Tbs extra-virgin olive oil
- 1/2 onion (chopped)
- 2 cloves garlic (peeled and minced)
- 1/2 cup celery (diced)
- 1/2 cup carrots (shredded)
- 1/2 tsp cumin
- 1 Tbs paprika
- 2 cups brown rice
- 4 cups chicken broth
- 1 (16 oz) can red beans (drained and rinsed)
- 1 cup broccoli florets
- 1 cup yellow squash (chopped)

Directions

Add oil to a medium size pot over medium heat. Add onions, garlic, celery and carrots. Cook ingredients until soft and fragrant. Add cumin, paprika and a pinch of salt and pepper. Add rice and chicken broth then bring to a boil. Add broccoli, squash and beans. Cover pot with a lid and reduce heat to medium low. Cook covered for 20 minutes. Remove lid and stir. If any liquid remains, reduce uncovered for 2 to 3 minutes. Divide rice into four portions, top with a piece of fish or chicken and garnish with mango relish*.

*Ingredients and directions for Mango Relish

- 1 medium mango (peeled and chopped)
- 4 Roma tomatoes (chopped)
- 1/4 cup red onion (chopped)
- 1 Tbs cilantro (chopped)
- 1 lime (zested and juiced)
- salt and pepper to taste

Combine all ingredients. Relish can be made up to one day in advance.