

## Black Beans and White Rice with Plantain

### Frijoles negros y arroz blanco con plátano macho

2 cups      cooked black beans  
1            large jalapeño pepper, whole  
1 cup       water  
Salt and black pepper, to taste  
1 batch     Mexican white rice, warm (recipe available at [mysliceofmexico.ca](http://mysliceofmexico.ca))  
2            plantain  
1 tbsp      olive or other vegetable oil

Pour beans, water, and jalapeño in a pot; bring to boil, then lower heat and simmer for 20 minutes. Season with salt and pepper. Meanwhile, wash and dry plantain; slice ends off and peel. Slice each plantain in half, then slice each half lengthwise. Heat oil in iron skillet, add plantain and fry, flipping until golden brown on both sides. Before serving, remove stem and seeds from jalapeño, and slice into strips. Assemble plates with a portion of rice, topped with plantain, next to a portion of beans with a few slices of jalapeño on top

A traditional recipe from the Mexican state of Veracruz; it makes a delicious first course, or a full vegetarian meal.

