



**Makes 8 cups**  
**Preparation Time: 15 minutes**  
**Cook Time: 1 hours 15 minutes**

#### INGREDIENTS:

1 9- to 10-oz. green plantain or 6 oz. Yukon Gold potatoes

1¾ cups salsa verde

2 15-oz. cans no-salt-added red beans, rinsed and drained (3 cups)

1½ cups low-sodium vegetable broth

1 14.5-oz. can no-salt-added diced tomatoes

1 cup dried long grain brown rice

¾ cup chopped onion

4 cloves garlic, minced

1 teaspoon smoked paprika

½ teaspoon sea salt

½ teaspoon ground cumin

1 medium avocado, peeled and sliced

½ cup chopped fresh cilantro (optional)

Lime wedges

## Red Beans and Rice Casserole with Plantains

This **Southern**-inspired red beans and rice dish is seasoned with smoked paprika and cumin for a warm, smoky flavor, and made special with the addition of **plantains**, which deliver natural sweetness and an extra boost of Caribbean flavor. Everything comes together with minimal effort: Just bring the ingredients to a boil on the stovetop, then spoon into a baking dish and let the oven do the rest. No plantains on hand? No problem: Use potatoes instead, or just leave them out.

For more inspiration, check out these tasty ideas:

- [Costa Rican Rice and Beans \(Gallo Pinto\)](#)
- [Rice Bowls with Kidney Beans, Spinach, and Mixed Veggies](#)
- [Burritos with Spanish Rice and Black Beans](#)
- [Miso Tofu Rice Bowl with Crunchy Veggies](#)

By Laura Marzen, RD, LD

- 1 Preheat oven to 400°F. Cut peel off plantain. Cut plantain into ½-inch pieces.
- 2 In a large saucepan combine plantain, 1 cup of the salsa, and the next nine ingredients (through cumin). Bring just to boiling over medium. Spoon into a 3-quart rectangular baking dish, spreading evenly. Cover tightly with foil.
- 3 Bake 55 to 65 minutes or until rice is tender. Let stand, loosely covered, on a wire rack 10 minutes before serving. Top with remaining ¼ cup salsa, the avocado, and cilantro (if using). Serve with lime wedges.