



Cuban Black Beans and Rice (Quick)

SERVES 4

Ingredients:

- 2 (15 ounce) cans [black beans](#), rinsed and drained
- 1 (4 ounce) can chopped [green chilies](#), drained
- 1 medium [onion](#), chopped (1/2 cup)
- 1/2 cup orange juice
- 1/4 cup [tomato sauce](#) or [ketchup](#)
- 1/4 cup [molasses](#)
- 1 tablespoon [chili powder](#)
- 1 tablespoon [cider vinegar](#)
- 2 teaspoons [soy sauce](#)
- 4 cups hot [cooked rice](#)
- 2 1/2 cups cooked shrimp

Directions :

Heat oven to 350° F.

Mix all ingredients except rice and shrimp in a 2 qt casserole.

Bake uncovered about 50 minutes, stirring occasionally, until hot and bubbly.

Mix in the shrimp. Serve over rice.