

CSFP

Recipe of the Month

May 2012

Beans are an inexpensive way to add protein, iron and fiber to any dish. This easy rice and bean dish can be the main meal, a side dish, made into a salad or added to soup.

Flavorful Rice and Beans

Ingredients:

Onion, chopped	¼ cup
Cooking oil	2 Tbsp.
Rice, brown or white	1 cup
Black or kidney beans, rinsed and drained	1-15 oz. can or 1 ½ cups
Broth or water	2 cups
Cumin	1 tsp.
Chili powder	1 tsp.
Vinegar	1 Tbsp.
Salt and pepper to taste	



Directions:

1. Heat oil in large pan.
2. Add chopped onion and sauté until tender.
3. Add rice and stir.
4. Add beans, broth, spices and stir to mix.
5. Cover and simmer for 20-40 minutes, depending on the rice. Brown rice will take longer to cook.
6. When all the liquid is absorbed, add vinegar, stir, taste and season with salt and pepper.

Notes:

1. This rice and bean dish can be used in many ways. Serve as a side with a meal. Or add some leftover chicken or pork to the rice. Saute up some ground beef, add rice and beans and some canned tomatoes for a Spanish rice type meal. Add leftover rice/beans to soup.
2. Try using leftover rice and beans as a salad- add diced tomato and cucumber; then add some Italian dressing and toss.
3. Dry beans can be used in place of canned beans. One pound of dry beans makes six cups cooked beans. There are two steps to cooking beans: soaking and cooking: Soaking allows the dried beans to absorb water, which begins to dissolve the starches that cause intestinal discomfort. Cooking the beans makes them edible and digestible. Put one pound of beans to 10 cups of water in a big pot and let them soak overnight. In the morning- drain and rinse the beans. Return the beans to the pot and cover with 3 times their volume of water. Bring to a boil; reduce the heat and simmer gently, uncovered, stirring occasionally, until tender, ~45 minutes. Drain and use in recipe; save leftovers in refrigerator for another meal.

Because we cannot predict which foods will actually arrive in your food package, the recipe may not always use the ingredients that you receive in a given month.