

Bean and Rice

- Both beans and rice are complex carbohydrates which contribute vital vitamins, minerals and fiber to our diets.
- Beans combined with rice result in a complete protein
- Both beans and rice are inexpensive and store well
- Tasty and healthy bean dishes can be found worldwide

White Bean Soup

Try this delicious and easy to prepare White Bean Soup.

The night before: Put 2 cups of washed white beans with 6 or 7 cups of water and a diced white onion (or a handful of dehydrated onion) in the crock pot on low. Let cook overnight.

The next morning: Drain the beans in a colander and rinse thoroughly. Put rinsed beans back into the crock pot and add a chopped white onion, a chopped red onion, 2 bay leaves, 1 Tablespoon dried parsley, 3 diced celery stalks, 1 cup diced carrots, 1 teaspoon black pepper, 1 teaspoon salt, one can tomatoes, one can tomato sauce, 1/4 cup uncooked rice. Optional: you may add one ham hock or one smoke turkey leg is desired. Add water to cover and let cook all day on low. Add water as needed. (This soup is delicious served with fresh corn bread muffins) Try this Southwestern layered bean dish that even the kids will like

Southwestern Black Beans

- The night before: Put 2 cups of washed black beans with 6 or 7 cups of water and a diced white onion in the crock pot on low. Let cook overnight.
- The next morning: Drain the beans in a colander and rinse thoroughly.
- Spray a large frying pan with Pam or add a teaspoon of cooking oil. Put on stove on medium-low (325 degrees for an electric fry pan) Add the black beans, a chopped white onion, 2 chopped garlic cloves, 1 can tomatoes or tomato sauce, 1 chopped bell pepper, 1 teaspoon black pepper, 1 tablespoon ground cumin. turn heat to low and simmer until onions and bell peppers are tender (about 15 minutes).
- Optional: To feed more people with the recipe: Bring 2 cups water to a boil in a sauce pan. Add 1 cup rice, turn to low, put lid on and cook until water is gone. add 2 table spoons salsa and serve as either a side dish or layer under the bean mixture when serving. (Rice is optional here because the cheese makes the addition of cheese to the recipe creates the complete protein)
- For children, spoon filling into taco shells and add chopped tomato, shredded cheese and lettuce.
- For a more polished adult meal spoon filling onto a plate, sprinkle shredded cheese, lettuce and tomato on top and serve with corn or flour tortillas on the side.