

RED BEANS AND RICE

This famous Creole dish is inspired by the celebrated Afro-Vegan chef, Bryant Terry, author of *Vegan Soul Kitchen: Fresh Healthy and creative African American Cuisine*. Terry is a James Beard Award-Winning chef, educator, and author renowned for his activism to create a healthy, just, and sustainable food system. This recipe tastes best when you soak and cook the beans yourself, but canned beans will work too for a weeknight dinner. Check out the 1/2 sheet for dry bean cooking tips!



Ingredients

- 1 lb dry red beans
- 1 carrot
- 1 cup cooked brown rice
- 1 onion
- 1 bell pepper
- 3 oz tomato paste

From your pantry

- 1 Bay leaf
- 2-3 cloves of garlic
- 1 tsp Italian seasoning
- 1.5 tsp Hungarian blend
- oil
- salt and pepper

Equipment:

- 2 Large pots

PREPARATION: 60 MIN

COOKING: 25 MIN

READY IN: 85 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Soak and cook **red beans** according to half sheet (adding bay leaf, 1/2 the onion, the carrot, and 1-2 garlic cloves to your cooking water).
2. While the beans cook, make the rice. Put the **rice** into a large pot and fill with cold water. Rinse and repeat swirling with your fingers until the water almost runs clear, drain. (See back for more rice rinsing details.)
3. Add 1 3/4 cups **water and a generous pinch of salt**. Stir and set over high heat, bring to a boil, then reduce the heat to a simmer. Cover and reduce heat to low, cook until tender, about 30-45 minutes. Remove rice from pot and set aside for about 10 min. Rinse and dry pot lightly. While rice cooks, prep your vegetables.
4. Dice remaining half of the **onion**. Mince or grate remaining 1-2 cloves **garlic**. Remove core from **bell pepper** and dice. Add 1 tbsp oil to previously used pot. Add **cooked brown rice** and stir often until rice starts smelling nutty, about 2 min. Add **onions, bell pepper, garlic Hungarian spice blend, Italian seasoning, salt, and pepper**. Cook for about 2-3 min. Add **tomato paste** and cook another 1-2 min until tomato paste begins to caramelize.
5. Add 1 1/4 cups of **cooked beans** and 1/2 cup of **bean cooking liquid**. Reduce the heat and stir until well incorporated. Cook simmering, stirring occasionally, until most of the liquid has evaporated, about 15 to 20 minutes (you can add additional liquid or broth if pot seems too dry).
6. Serve with your favorite hot sauce or other toppings – green onions, chopped jalapenos, a little cheese, etc. Enjoy!

Tips, Tricks, and Terms

RINSE YOUR RICE

You either do it or you don't. We are here to tell you that it *d o e s* make a difference! Washing dry rice removes extra starch dusting the surface of the grains. This starch can make the rice sticky, clumpy, or mushy. Rinsing is especially important for brown rice or when you're looking for a "looser" rice!

To rinse rice, turn it into a bowl and fill with cold water. Gently swirl around the grains with your hands. The water will get cloudy—tip that out. Rinse and repeat until the water you're tipping out is almost clear. Proceed to cook!



RED BEANS AND RICE ON MONDAYS



This delicious recipe is known for its hearty flavors and New Orleans origins. It's also known as a *Monday* recipe.

Cooking this dish on Mondays was a traditional way to use leftover ham from Sunday night dinners.

Mondays were also laundry days (which used to be a much harder task). So red beans & rice was an ideal dinner, because it's very hands-off. Put everything in a pot, set it over a low flame, and walk away for a couple of hours!



Appetite For Change is a community led nonprofit that uses food as a tool to build health, wealth, and social change in North Minneapolis and beyond. Through youth-led programs, community cooking workshops, urban ag, and social enterprise work, we build community capacity to make our own change.

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