

Rice & Bean Appétit!



Decades ago, throughout Louisiana, rice and beans were the main course of the primary meal served on Mondays. According to history, this tradition began as an economical way to use the ham bone left from Sunday dinner; while others insist this humble combination was a good antidote to the physical effects of a weekend filled with activities.

Today, consumers understand the health attributes of this "dynamic duo." The combinations of rice and beans result in nutritious complementary proteins. Plant proteins are deficient in several amino acids.

However, when eaten in with rice, their amino acids (the building blocks of protein) complement each other, forming a complete protein.

We hope you enjoy this collection of classic beans and rice recipes from around the world and right here at home.



Feijoada

(THE NATIONAL DISH OF BRAZIL)

- 1 lb. black beans
- 1 lb. smoked ham hocks
- 1 lb. Mexican "chorizo" or pepperoni
- 1/2 lb. chunk of lean Canadian bacon or Brazilian "carne seca"
- 1/2 lb. smoked pork or beef ribs
- 3-4 strips of smoked bacon
- 1/2 lb. lean pork, cubed
- 1/2 lb. lean beef, cubed
- 1 large onion, chopped
- 4 garlic cloves
- 4 tablespoons olive or vegetable oil, divided
- 1 tablespoon vinegar
- 1 teaspoon red pepper salt to taste
- black pepper
- 2 cups CAROLINA® or MAHATMA® White Rice
- hot sauce (optional)

Soak beans overnight in large container. Next morning, cook beans for 4-5 hours at low heat. Place ham hocks, chorizo, ribs and Canadian bacon in deep pan with plenty of water and bring to a boil. Change water and bring to a new boil, repeating the procedure at least three times to tenderize cured meats and remove excess fat. In a large frying pan, sauté onion and garlic, in 2 tablespoons oil (smoked bacon strips optional) for two or three minutes. Toss in cubed pork and beef. Sauté an additional three minutes.

Mash 5-10 tablespoons of beans and add to large pot. the resulting paste will thicken sauce. Add remaining two tablespoons of olive oil, three garlic cloves all chopped up or mashed, along with a tablespoon of white vinegar and red pepper. Stir, heat on medium for two-three minutes, then transfer to contents of frying pan. (You may use two frying pans, if necessary.) Let simmer for 10-15 minutes. Add contents of frying pan(s) to the beans and let boil at medium heat for 1-2 hours.

Prepare rice according to package directions. Serve over rice, with additional red sauce, if desired.

Serves 10-15



Black Bean & Rice Salad

- 4 small ears of corn with husks
- 1 package (8 ounce) MAHATMA® or CAROLINA® BLACK BEANS & RICE
- 3 boneless chicken breasts, cooked and cubed
- 1 small red bell pepper, chopped
- 1 small green bell pepper, chopped
- 1/4 cup sliced green olives
- 3/4 cup Italian salad dressing
- 1/4 cup orange juice

Prepare corn and corn husks. Pull husk back from corn, leaving husk attached to corn stem (as if peeling a banana). Break off ears of corn from husks and discard corn silk. In a 8-quart stockpot over high heat, bring corn and corn husks to a boil. Reduce heat to low, simmer 5 minutes. Remove corn and husks and set aside to cool.



Prepare black beans & rice mix according to package directions.

Add chicken, bell peppers, corn (that has been sliced from cob) and olives.

Toss. Combine salad dressing and

orange juice. Pour over rice mixture and toss.

Tie leafy ends of each corn husk with a thin strip of husk or string. Form a pocket with corn husk. Fill pockets with salad.

Serves 4



Hoppin' John

In the American South, a mixture of black-eye peas and rice called Hoppin' John, traditionally served on New Year's Day, is said to bring good luck in the coming year.



- 1 cup CAROLINA® or MAHATMA® White Rice
- 2 tablespoons margarine
- 1 medium onion, chopped
- 2 cans (15 ounces each) black-eye peas with jalapeño, drained
- 1/2 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 2 cups chopped ham

Prepare rice according to package directions.

Sauté onions in margarine. Add peas, pepper, garlic powder and ham. Heat thoroughly. Fold in hot cooked rice.

Serves 6



Arroz con Gandules

(RICE WITH BEANS)

- 2 cups CAROLINA® or MAHATMA® White Rice
- 2 tablespoons achiote oil
- 1/2 cup diced bacon
- 1/2 cup diced smoked ham
- 2 garlic cloves, finely chopped
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped green pepper
- 2 cups canned green pigeon peas, rinsed and drained
- 3/4 cup capers
- 1/2 cup green olives
- 1 teaspoon ground cumin
- 1 can (8 ounce) tomato sauce
- 2 cups water
- 1 teaspoon salt, optional
- 2 tablespoons fresh cilantro leaves, finely chopped
- strips of pimientos, for garnish

Preheat oven to 325°F.

Prepare rice according to package directions.

In a large skillet, heat oil. Add bacon, ham, garlic, onions, and green pepper. Sauté over high heat until vegetables are tender crisp.

Fold in peas and capers; heat through. Add olives, cumin, tomato sauce, water and salt. Cook over low heat for 15 minutes; add salt, if needed. Fold in cooked rice. Top with cilantro. Garnish with pimientos, if desired.

Serves 8



PEAS AND RICE - an easy and tasty tradition from the Bahamas.



- 1/2 pound bacon
- 1 large onion, chopped
- 2 stalks celery, chopped
- 1/2 cup chopped red bell pepper
- 1 can (14-1/2 ounce) stewed tomatoes
- 1 cup cooked pigeon peas or black-eye peas
- 1 cup CAROLINA® or MAHATMA® White Rice
- 2 cups chicken broth
- 1/2 teaspoon pepper
- 2 tablespoon dried thyme leaves, chopped

Fry bacon in large skillet, set aside and reserve bacon drippings.

Sauté onions, celery, and red pepper in 2 tablespoons bacon drippings. Add tomatoes, peas, rice and chicken broth.

Reduce heat and simmer covered for 20 minutes. Fold in pepper and thyme. Top with crumbled bacon.

Serves 8



Layered Black Bean & Rice Pie

- 1 package (8 ounce) MAHATMA® or CAROLINA® BLACK BEANS & RICE MIX
- 1 package (4 ounce) cream cheese
- 12 corn tortillas
- 1 large tomato, sliced
- 1 large onion, chopped, divided
- 1 large avocado, sliced, divided
- 4 tablespoons chopped cilantro, divided
- 4 cups diced ham, divided
- 2 cups shredded cheddar cheese, divided
- sour cream



Preheat oven to 350°F. Prepare black beans & rice mix according to package directions. Fold in cream cheese.

In a 9-inch x 13-inch oiled baking dish, place 6 corn tortillas, overlapping edges. Spread 1/2 black beans & rice mixture on top of corn tortillas. Sprinkle with 1/2 of the chopped tomatoes, onions, and avocado. Sprinkle with 2 tablespoons cilantro and 2 cups diced ham. Top with 1 cup cheddar cheese. Repeat layers beginning with corn tortillas. Bake for 20 minutes or until cheese is bubbly. Cut in wedges and serve with sour cream. Serves 8

Simply Versatile Recipes

WITH MAHATMA® RED BEANS & RICE MIX
OR CAROLINA® RED BEANS & RICE MIX



Dip Once, Dip Twice! Combine hot cooked MAHATMA® OR CAROLINA® RED BEANS & RICE MIX with 1/2 cup picante sauce and 2 cups shredded Mexican cheese blend – excellent with crisp tortillas.

Wrap it Up! Spread prepared MAHATMA® OR CAROLINA® RED BEANS & RICE MIX onto a burrito-size flour tortilla. Add shredded cheese, chopped tomatoes and shredded lettuce. Diced beef or chicken may be added. Then, wrap it up!



Macho Nachos. Evenly distribute nacho chips on a large platter. Pour prepared MAHATMA® OR CAROLINA® RED BEANS & RICE MIX on chips. Top with grated cheese, shredded lettuce and chopped tomato, jalapeño slices and sour cream.

Eggstra Special! Prepare MAHATMA® OR CAROLINA® RED BEANS & RICE MIX according to package directions. Divide equally into 4 serving bowls. Top with a sunny-side up egg and sprinkle with chopped green onions. Crisp buttered toast is a delightful accompaniment!

Authentic Red Beans & Rice

1 pound dried red beans
hot water

SEASONING MIX

1 tablespoon paprika
2 tablespoons black pepper
2 teaspoons dry mustard
1-1/2 teaspoons dried sweet basil leaves
1 teaspoon dried oregano leaves
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon ground cayenne
1/2 pound bacon, finely diced
1-1/2 cups chopped onions
1-1/2 cups chopped green bell pepper
1 cup chopped celery
3 bay leaves
2 cups peeled, chopped fresh tomatoes
2 cloves garlic, minced
2 tablespoons brown sugar
4 to 5 cups reduced sodium chicken broth
2 cups CAROLINA® or MAHATMA® White Rice, prepared

DAY 1: Put the beans in a large pot, add hot water to cover, and let soak overnight.

DAY 2: Combine seasoning mix ingredients in a small bowl. Makes 1/4 cup plus 1-1/2 teaspoons. Drain beans.

Place bacon in 5-quart pot over high heat. Cover and cook, uncovering to stir once or twice until crispy. Reduce to medium-low heat and add onions, bell pepper, celery, and bay leaves. Scrape the bottom of pot, cover and cook until the onions are lightly browned, about 3 to 4 minutes. Add 2 tablespoons of seasoning mix and drained beans; scrape the pot bottom. Cover pot and cook, occasionally scraping bottom of the pot, about 7 minutes. Add tomatoes and scrape pot bottom well. Cover and cook, stirring from time to time, about 8 minutes. Stir in garlic, cover and cook 4 to 5 minutes. Stir in brown sugar, 2 cups of chicken stock, and 2 tablespoons of seasoning mix. Bring to a boil, cover, reduce heat to low, and simmer, stirring occasionally, 20 minutes. Add additional 2 cups of stock, cover and cook, stirring occasionally, 50 minutes. Stir in remaining seasoning mix. If you like your beans highly seasoned, add the remaining 1 cup stock. Cover and cook until beans are tender, about 20 minutes.

Prepare rice according to package directions. Serve beans in bowls with warm rice. Serves 8



Compliments of Carolina and Mahatma Rice.

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