

WORLD FAVORITES RICE & BEANS



Nearly every culture throughout the world has developed favorite recipes utilizing rice and beans.

And for good reason! Versatile rice and beans are an economical source of good nutrition.

Both rice and beans shine on their own when served individually. But, put the two together and the blending of flavors, colors and textures is hard to resist.

Whether served up in a hot curry reminiscent of India, combined with vegetables distinctive to certain regions of the world, or seasoned to suit the tastes of those from colorful countries such as Spain or Mexico, rice and beans are perfect companions.

Rice, grown in Arkansas, California, Louisiana, Mississippi, Missouri and Texas, is available in several different forms including regular, parboiled, pre-cooked and nutty-flavored brown rice.

Of the 12 major varieties of Western-grown dry beans, many are also available in canned form. All are easy to keep on hand for use in salads, soups and main dishes.

The recipes that follow incorporate two world favorites — rice and beans on a culinary world tour.

BEAN AND PORK CURRY

(photo center)

- 1 pound lean boneless pork, about 1/2-inch thick
- 1 cup beer
- 1/4 cup packed brown sugar
- 1 to 2 tablespoons curry powder
- 1 tablespoon vegetable oil
- 1 onion, sliced
- 1 red or green pepper, cut in 3/4-inch squares
- 1-2/3 cups drained cooked or canned great northern or navy beans
- 1-1/2 teaspoons salt
- 1 apple, cored and cubed
- 3 cups hot cooked rice

Cut pork in thin strips about 2 inches long. Blend beer, sugar, and curry powder. Pour over meat and let marinate for at least 1 hour, stirring occasionally. Or cover and refrigerate 8 to 12 hours, stirring once or twice. Remove meat from marinade, reserving marinade. Pat meat dry. Heat oil in a large skillet. Add meat and cook over high heat, stirring, until browned. Lower heat to medium and add onion. Cook until onion is transparent. Stir in green pepper, beans, salt and marinade. Simmer 5 to 6 minutes. Add apple. Adjust seasonings, if necessary. Serve over beds of fluffy rice. Makes 6 servings.

BEAN CREOLE

(photo right)

- 1 large onion, sliced
- 1 clove garlic, minced
- 2 tablespoons bacon drippings or vegetable oil
- 1 pound fresh okra, trimmed and sliced*
- 1/2 green pepper, cut in strips
- 1 can (14-1/2 to 16 oz.) tomatoes, cut in quarters
- 1-2/3 cups drained cooked or canned blackeye beans
- 1-1/2 teaspoons salt
- 1/8 teaspoon ground red pepper
- 3 to 4 drops Tabasco pepper sauce
- 3 cups hot cooked rice

In a large skillet, cook onion and garlic in drippings until onion is soft but not brown. Add okra and cook, stirring often, 3 to 4 minutes. Add remaining ingredients except rice. Bring to a boil, lower heat, and simmer 15 minutes. Adjust seasonings if necessary. Mixture should be WELL seasoned. Serve over beds of fluffy rice. Makes 6 servings.

*Or use 1 package (10 oz.) frozen sliced okra, thawed

COOKING RICE

Yield: A one pound package of regular rice equals about 2-1/4 cups dry and yields 7 cups (14 servings) cooked rice. Parboiled rice and brown rice yield 8 to 9 cups (16 to 18 servings) cooked rice per pound. One cup pre-cooked rice (dry form) yields 1 to 2 cups.

TO COOK: Measure rice, water and salt into saucepan, using exact amounts. Bring to a boil, stir once, cover and cook for 15 minutes (regular rice), 20 to 25 minutes (parboiled rice), or 45 minutes (brown rice). For pre-cooked rice, follow package directions. If some liquid remains at end of cooking time, cook a few minutes longer. Fluff with a fork and serve. Do not rinse before or after cooking.

Note: For dinner, fluffier rice, decrease liquid by 2 to 4 tablespoons.

COOKING DRY BEANS

Yield: A one pound package of dry beans equals 2 cups dry and yields 5 to 6 cups cooked beans.

TO SOAK: Traditional Method: To one pound of dry beans add 6 cups cold water. Let stand overnight (at least 6 to 8 hours). Do not refrigerate. Drain, rinse and cook.

Quick Method: To one pound dry beans add 6 to 8 cups hot water. Heat, let boil 3 minutes, cover and set aside for an hour. Drain, rinse and cook.

TO COOK: Add 6 cups hot water, 2 tablespoons shortening or oil and 2 teaspoons salt to soaked beans. Cook beans with lid tilted until tender, approximately 1 hour.

CURRIED BEAN AND RICE SALAD

- 1 teaspoon curry powder
- 1 tablespoon butter or margarine
- 1 cup chicken broth
- 1/2 cup uncooked rice
- 1-2/3 cups drained cooked or canned light or dark red kidney beans
- 1/4 cup chopped celery
- 2 tablespoons chopped green onion
- 2 tablespoons chopped green pepper
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1/4 cup plain yogurt
- 2 tablespoons toasted slivered almonds
- 1 tomato, sliced
- 1 hard-cooked egg, sliced
- Parsley sprigs

Heat curry in butter several seconds. Stir in chicken broth and rice; bring to boil. Stir. Cover and simmer 15 minutes or until rice is tender and liquid is absorbed. Stir in beans, celery, green onion, green pepper, lime juice and seasonings. Chill thoroughly. Stir yogurt and almonds into rice mixture. Garnish with tomato, egg and parsley. Makes 6 servings.

TIP: Delicious served with roast pork or chicken.

COMPANY BEAN AND RICE EGGPLANT PARMIGIANA

- 1/4 cup flour
- 1-1/2 teaspoons salt, divided
- 1/4 teaspoon ground black pepper
- 1 medium eggplant, peeled and sliced 1/2-inch thick
- 4 or 5 tablespoons vegetable oil, divided
- 1/2 pound lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1-2/3 cups drained cooked or canned navy, great northern or small white beans
- 1 can (14-1/2 to 16 oz.) tomatoes, chopped with liquid
- 1 can (8 oz.) tomato sauce
- 1/4 teaspoon oregano leaves, crushed
- 3 cups cooked rice
- 1/2 cup grated Parmesan cheese

Combine flour, 1/2 teaspoon salt and the pepper. Dip eggplant slices in seasoned flour. Spread 2 tablespoons oil in 13x9x2-inch baking dish. Arrange eggplant in single layer; brush with oil. Bake at 450 degrees for 5 minutes or just until tender. Brown beef, onion and garlic in 1 tablespoon oil. Drain excess oil. Add beans, tomatoes, tomato sauce, oregano and remaining salt; simmer 20 minutes. Sprinkle rice evenly over eggplant. Pour sauce over all. Sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees for 20 to 25 minutes. Let stand 10 minutes before cutting. Makes 6 to 8 servings.

ARROZ CAPISTRANO

- 1/2 cup chopped onion
- 2 tablespoons butter or margarine
- 1/2 green pepper, cut in thin strips
- 3 cups cooked rice
- 1 can (8-3/4 oz.) whole kernel corn, drained
- 1 can (4 oz.) green chiles, chopped
- 2 medium tomatoes, peeled and coarsely chopped
- 1-1/2 cups (6 oz.) grated Monterey Jack cheese, divided
- 1-1/2 teaspoons salt
- Paprika

Cook onion in butter over medium heat until tender crisp. Add pepper strips and cook 1 minute. Combine rice, corn, green chiles, tomatoes, 1 cup cheese, and salt. Add onion and green pepper; mix well. Turn into a buttered 2-quart baking dish. Top with remaining cheese. Sprinkle with paprika. Bake, uncovered, at 350 degrees for 25 to 30 minutes. Makes 6 servings.