

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Somali Rice and Beans

Serves: 4

Modified from: www.SomaliKitchen.com

Items Needed: cutting board, chef knife, saucepan, large bowl, skillet, wooden spoon, measuring spoons, measuring cups

Ingredients:

- 3 cups cooked long grain Basmati rice
- 1 cup cooked adzuki beans (or any kind of lentil)
- 1 (14 ounce) can no-salt-added diced tomatoes
- 2 Tablespoons tomato paste
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground cumin seeds
- 1 teaspoon ground chili powder
- 2 cloves garlic, minced
- 1 large onion, diced
- 2 Tablespoons sesame oil
- 1 Tablespoon white vinegar
- Juice of 1 lemon
- ½ teaspoon salt
- 1 cup water (as needed)
- Optional garnish: fresh cilantro, diced tomatoes, chopped peanuts

Directions:

1. Combine the cooked rice and beans in a large bowl and set aside.
2. Sauté the onions in the sesame oil in a skillet until translucent. Add in the garlic and cook for about 1 minute. Add in the diced tomato, tomato paste, cumin, coriander and chili powder and cook for about 5 minutes. Add water to ensure the sauce doesn't dry out, if necessary. You want a thick, soupy consistency.
3. Add the white vinegar and lemon juice. Simmer over low heat for about 5 minutes.
4. Generously spoon the tomato sauce over the rice and beans. Add garnishes if desired and serve.

Nutrition Information (per ¼ of the recipe):

Calories: 365 Fat: 7 g Carbs: 60 g Protein: 10 g Fiber: 6.5 g Sodium: 156 mg