



CHEFS FEEDING FAMILIES

MEAL KITS

One-Pot Rice and Black Beans with Fresh Corn

ASSEMBLY/COOKING TIME: 30 minutes or less

Chef Shannon Shaffer's classic combination is made more healthful by using brown rice instead of white. Tomatoes and corn give it color and texture. Want a thicker, stew-like result? See the NOTE, below.

WHAT YOU'LL NEED: Large, heavy pot with a lid, a cutting board, sharp knife, olive oil, salt, pepper. Optional: Chopped cilantro or scallions.

WHAT KIDS CAN DO: Measure out the spice mix. Add each of these ingredients to the pot: black beans, rice, tomatoes, water.

WHAT YOU CAN ADD IN: Cooked pork, canned salmon or canned tuna.

TO MAKE 4 SERVINGS

6 ears fresh corn

Olive oil

2 cups sliced onions

2 cups cooked black beans

1 cup cooked brown rice

1 cup water

2 cups cherry/grape tomatoes, each cut in half

2 teaspoons El Relajo spice mix, or more to taste

Salt and pepper



COOK THE CORN Fill the pot with water and bring to a boil; add the corn and cook for 10 minutes. Drain the pot and cool the corn. Cut the kernels off the cobs.



COMBINE THE VEGETABLES Heat a tablespoon of oil in the same pot, over medium-high heat. Add the onion and stir to coat. Cook for about 5 minutes, then add the cooked corn kernels and black beans. Cook for 2 minutes, or until heated through.



ADD THE RICE Stir in the cooked brown rice, water, tomatoes, El Relajo spice mix and a pinch each of salt and pepper. Bring to a boil, then reduce the heat to medium-low. Cover with the lid and cook for about 4 minutes. Taste for seasoning. Serve each portion drizzled with a little oil and topped with chopped cilantro or scallion, if you have it.



NOTE: To thicken this one-pot dish, use a potato masher to mash some of the corn and black bean mixture in the pot (before adding the rice). Or you can puree some of the final mixture in a blender, then stir it back in.

MEAL KIT TIPS

DID YOU KNOW?



Hummus is a smooth spread most often made of chickpeas, tahini (sesame paste), lemon juice, garlic, and salt. It has lots of fiber and protein. People have been eating it since the 13th century!



Quinoa (say "KEEN-wah") is a South American grain loaded with protein. It's used in sweet and savory recipes and comes in colors: white, yellow, red, and black! Add cooked quinoa and cooked, shredded chicken to your favorite broth to make a quick soup. The white variety cooks up softer than the red or black kinds.



Save the corn cobs after you cut off their kernels. Simmer them in water to make a flavorful corn broth, which can be used to make corn pudding, corn chowder, and a simple vegetable broth.

WHAT ELSE CAN YOU MAKE WITH THE INGREDIENTS IN THIS MEAL KIT?

HUMMUS CRUNCH WRAPS!

Grill or cook **corn cobs**, then cut kernels off the cob. Toss the corn in a bowl with **cherry/grape tomato halves**, **black beans** OR **chickpeas**, **salad greens**, **pan-seared carrots** and **onions**, and **El Relajo spice mix**. Spread **hummus** on each **whole-grain wrap/tortilla**, then spoon a few handfuls of the vegetable mixture down the center. Roll up and tuck in the ends, then cut into portions. Serve with **fresh salsa**.

VEGGIE FRIED RICE!

Pan-sear **carrots** and **onions**. Add the cooked **brown rice**, **green peas** and some soy sauce or your favorite teriyaki sauce. Season with crushed red pepper flakes or your favorite hot sauce or chili oil. Top with chopped **hard-cooked eggs**.

SAUCY QUINOA BOWL!

Combine cooked **quinoa**, **chickpeas**, **pan-seared carrots** and **onion**, and some **honey lime dressing** in a bowl. Stir to coat. Divide among 4 bowls. Toast **pumpkin seeds** in a dry skillet just until fragrant and starting to pop, then sprinkle over each serving.

CHIPOTLE PASTA SALAD!

Toss **cooked macaroni**, **chopped hard-cooked eggs**, **cherry/grape tomato halves**, **raw carrots**, **chopped apples** and some **chipotle mayo** in a bowl until well coated. Taste and season with salt and pepper, as needed. Serve atop **salad greens**.

ROASTED POTATO WEDGE SALAD!

Scrub 4 **potatoes** well, then cut lengthwise into 4 wedges each. Rub with oil and coat with some **El Relajo spice mix**. Roast on a foil-lined baking sheet in a 400-degree oven for 30 minutes, or until just tender and browned. Serve atop a mix of **salad greens**, **black beans**, **cherry/tomato halves**, and **pumpkin seeds**. Drizzle with some **honey lime dressing** or **chipotle mayo**.

CORNY SIDE DISH!

Break or cut **corn cobs** in half (to create 8 shorter cobs). Rub lightly with oil then roll in some **El Relajo spice mix**. Roast on a foil-lined baking sheet in a 375-degree oven for 10 to 20 minutes, turning them over once or twice, until lightly browned.