Brown Rice Dinner with Braised Vegetables and Black Beans

Short Grain Brown Rice

Wash rice; place 1 cup brown rice in a saucepan with ¼ teaspoon salt & 2 1/2 cups water. Bring to a boil and turn down to a simmer in a covered pan for 50 minutes. Remove from heat and let sit 10 more minutes. (To store leftover rice, make into patties while room temp or warm)

Black Beans

~ 1 can Black or Kidney Beans (drained and rinsed)
~ 4 Green Onions (washed and cut up into rounds)
~ 1 Tablespoon Soy Sauce
~ 1 Tablespoon Olive Oil
~ 3-4 Tablespoons water
~ ¼ teaspoon cumin or ginger (optional)

In a small pan bring ingredients to a boil, turn down a simmer a few minutes until onions are cooked.

Braised Vegetables

~ 2 onions (cut into quarters or 6th’s depending on the size, leaving some of the the root on to hold them together)
~ 2 yams (peeled and cut into ½ inch thick rounds)
~ 2 cups broccoli flowers (leave plenty of stem on)
~ 2 Tablespoons olive oil
~ 1 Tablespoon soy sauce
~ ¼ Tablespoon chopped fresh ginger or a sprinkle of dried ginger
~ ½ cup water

In a large skillet heat up olive oil over medium heat, add onions and yams and do not stir until they get golden brown, about 3-5 minutes.

Now stir them and add soy sauce, ginger and water, cover and simmer about 10 minutes, until done.

Now add the broccoli and cover for 3-5 minutes until just tender. If the water cooks out simple add a splash more.

Nourishing Minnesota: The What, Why, and How of Food

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