

THE BEST DOCTOR IS THE COOK!™

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VEGETARIAN RED BEANS AND BROWN RICE

Go to taste on the spices & herbs! I usually add more garlic, cumin and chili powder. When you include rice with a bean, you have a great protein filled dish. Where to find the ingredients for this dish? In **Natural Foods Section at Jungle Jims, of course!**

1 generous cup chopped onion
1 generous teaspoon garlic, minced
2 teaspoons cumin
1 teaspoon chili powder
2 cups brown rice
2 cans red beans, drained
4 cup vegetable broth, fat free or bit more if needed
Salt and pepper to taste
Garnish: Thinly sliced green onions, chopped tomatoes

Film bottom of pan with olive oil . Add onion, garlic, cumin, and chili powder. Sauté until onion looks almost clear. Add rice, beans and broth. Bring to a boil. Cover and lower to a simmer and cook until rice is tender. Serves 10-12 as a side dish

WHY THIS RECIPE IS GOOD FOR YOU:

- Beans: These cancer-licking legumes are low fat, high fiber and protein, beans help lower cholesterol, stabilize blood sugar, and reduce the risk of cancer and heart disease, especially folks with heart disease who also have diabetes
- Onions and Garlic: Great for your heart.
- Tomatoes: The lycopene in tomatoes is a powerful antioxidant and is also good for the prostate
- Brown rice: Nutritionally superior to white, this rice has a lower glycemic index so that means your body absorbs it more slowly

READ RITA!

My books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Jungle Jims

RITA'S YUMMY BREAD BLENDS!

Buy them at Jungle Jims

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