

Original Recipe

Refried Beans & Red Rice Dish

Red rice is fat-free, high in flavor, protein and nutrients. Make the red rice before preparing the refried beans and you will have this in the oven in about 1/2 hour. It takes just about 35 minutes to bake. While it is baking put together a Kale salad or other green side or salad.

INGREDIENTS

- 1 cup raw Bhutan red rice, cooked (about 3 cups cooked)
- 1 vegetable bouillon square
- 1 can of vegetarian refried beans (organic if available)
- 3 cloves of garlic minced (Have fresh garlic on hand in the fridge to use for other dishes. Do this by peeling one or two heads of garlic, chop fine in food processor, put in plastic container mixed with olive oil. It keeps for weeks!)
- 1 large sweet onion, coarsely chopped (or any preferred onion)
- 2 fresh jalapeño peppers, chopped fine
- 4 fresh and ripe Italian plum tomatoes, chopped into 1/2-size cubes
- 1/2 ripe avocado, cubed
- 1 bunch of fresh cilantro, chopped fine
- 1 c. shredded jack cheese blend (Freeze any left in the bag. Can be found at Trader Joe's and other markets.) (Don't accept mono-sodium glutamate or any other chemical into your ingredients. Remember to read your package ingredients and nutrition information!)
- 2-5 T. Chili powder
- Olive oil
- Freshly ground pepper
- Salt (Meatless sausage or other low-fat meat such as skinless chicken breast can be added)

PREPARATION

1. Preheat the oven to 350 degrees.
2. Prepare an oven-proof dish large enough to hold the ingredients. Suggest a 10"x10" square baking dish.
3. Cook red rice according to directions on the package *with* the vegetable bouillon square. When the red rice is done cooking, set aside until ready to assemble dish for baking.
4. In a bowl mix together half of the chopped jalapeño peppers, half of the chopped tomatoes, half of the chopped cilantro, salt and pepper (as desired), chili powder (as desired). Set aside.
5. If you are adding meat or non-meat prepare and set aside.
6. Sauté onion and garlic in a non-stick pan on medium-high heat in about 1-2 tablespoons of olive oil. (Pan must be large enough to hold the beans, onions and one jalapeño pepper.) When onion is clear and golden brown turn heat down to medium.
7. Put refried beans into the pan with the cooked onion, stir to combine.
8. Add to the pan, that is containing the refried bean and onion mix, the following: the remaining half of the chopped jalapeño peppers, the chopped tomatoes, chopped cilantro, salt and pepper (as desired), chili powder (as desired). Cook in the pan for about 15 minutes or until hot and well combined.
9. Brush the baking dish with olive oil.
10. Place the prepared cooked rice in a layer at the bottom of the baking dish.
11. Place meat in a layer on top of this rice, if desired.
12. Sprinkle a layer of cheese on top of rice. Use about 1-1 1/2 cups
13. Place half the chopped vegetable mixture in a layer on top of the cheese layer.
14. Place refried bean mixture in a layer on top of the chopped vegetable layer.
15. Place another layer of cheese on top of the refried bean mixture.
16. Place remaining vegetable mixture and the avocado on top of the cheese.
17. Bake in the oven for 35 minutes or until bubbly hot.
18. Serve by itself, with a salad or other green vegetable.

NUTRITIONAL INFORMATION:

Greens are an excellent source of antioxidants, essential nutrients and minerals. Eat plenty of greens every day if possible. Remember, eat colorful fruits and vegetables—they all contain high sources of anti-inflammatory properties. Everytime your body works out, gets a bruise, gets a cold, a headache there is inflammation. Eating natural sources of anti-inflammatory foods daily will empower your body to combat inflammation and therefore minimize stress on your system enabling your body to run as efficient as it can. To learn more about the nutritional value of these ingredients go to: <http://nutritiondata.self.com>