Dos Bean Rice Pilaf

JULIAN HIGH SCHOOL

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**INGREDIENTS**

- 2 c canned black beans, rinsed
- 1 c canned kidney beans, rinsed
- 1 c local frozen carrots
- 5 c brown rice
- 1 c canned mushrooms
- 2 T dehydrated minced onion
- 1 T taco seasoning
- ¼ tsp cumin
- 10 c water
- 1 T Canola oil
- 1 T cilantro, coarsely chopped

**PREPARATION**

1. Heat oil in a large pot. When the oil is hot, add dehydrated onions, mushrooms, kidney beans, black beans and rice. Stir for 2 minutes.

2. Add in seasonings and stir well. Add water and let the mixture come to a boil over medium-low heat. Once water is almost evaporated, cover with a lid to steam the pilaf.

3. Once rice is tender, add cilantro. Plate as desired.