



Dos Bean Rice Pilaf

JULIAN HIGH SCHOOL

COOKING UP CHANGE[®]

Students Transforming the Future of School Food



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.

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