

# Beans and Rice

Beans and Rice are a winning combination. They taste terrific together since both adapt beautifully to many flavors and offer a subtle contrast in texture that's appealing.

Perhaps best of all, they provide and complement each other nutritionally and at a very low cost. So it's small wonder that beans and rice are a mainstay in many American diets.

The recipes on this page take their cues from traditional favorites and demonstrate that rice and beans can brighten up menus all year long. Pictured are two irresistible dishes: Mexican Bean and Rice Pizza plus Vegetable-Rice Medley Salad.

The tremendous variety of Western grown dry beans (12 major varieties) makes it possible to vary recipes and to create new ones.

Rice grown in Southern and Southwestern states as well as California comes in different varieties too. Whether long or medium grain, brown or white, or regular milled, parboiled or pre-cooked...there's rice for every occasion. Cook up your family's favorite.

For an adventure in eating, try these two American mainstays soon. Beans and rice provide great taste and plenty of good nutrition, all at an affordable price.

## MEXICAN BEAN AND RICE PIZZA

**3 cups cooked rice**  
**2 eggs, slightly beaten**  
**2 cups grated cheese, divided**  
**8 ounces ground pork sausage**  
**1 cup chopped onions**  
**3 1/2 cups cooked or canned pinto beans**  
**1 teaspoon garlic salt**  
**1 tablespoon finely chopped jalapeno peppers or 1/2 cup diced green chiles**  
**1/4 cup barbecue sauce, chopped tomatoes, green pepper strips and/or jalapeno slices**  
 Combine rice, eggs and 1 cup cheese. Press firmly into a greased 12-inch pizza pan. Bake at 450° for 20 minutes. While crust is baking cook sausage and onions in medium-size skillet until sausage is done and onions are soft but not brown. Stir to crumble meat. Set aside. Drain beans thoroughly. Remove 1/2 cup whole beans and reserve; mash remainder. Add garlic salt, jalapenos and barbecue sauce to mashed beans. Spread evenly over baked rice crust. Cover with sausage mixture. Sprinkle top with remaining cheese, reserved whole beans, and garnish as desired with



Variations of beans and rice combine to make nutritious and delicious meals.

chopped tomatoes, green pepper strips and/or jalapeno slices. Bake 15 minutes longer. Makes 6 to 8 servings.

## VEGETABLE-RICE MEDLEY SALAD

**2 cups cooked rice**  
**1 can (15 ounces) red kidney or blackeye beans, drained**  
**1 cup each sliced celery and yellow squash**  
**2 green onions, including tops, thinly sliced**  
**1/2 cup mayonnaise**  
**1/2 cup dairy sour cream**  
**2 teaspoons lemon juice**  
**1 teaspoon salt**  
**3/4 teaspoon seasoned pepper**  
**3 to 4 drops Tabasco pepper sauce**  
**Green pepper strips or rings, optional**  
 Combine rice, beans, celery, squash and onions in mixing bowl. Stir mayonnaise, sour cream, lemon juice, salt, seasoned pepper and pepper sauce together. Add to rice mixture and toss lightly. If desired, garnish with green pepper strips or rings. Makes 4 servings.

## BEANS AND RICE SUPPER SOUP

**1/2 pound (1-1/2 cups) dry northern or navy beans**  
**2 quarts water**  
**2 teaspoons salt**  
**1 smoked ham hock\* about 1-1/2 pounds**  
**1 cup chopped onions**  
**1 cup chopped celery**  
**1/2 cup diced carrot**  
**1/2 teaspoon each garlic powder and pepper**  
**1 bay leaf**  
**3 to 3 1/2 cups cooked rice**  
 Rinse beans. Soak overnight or by the quick-soak method; drain and rinse. Combine beans, water, salt, ham hock, vegetables and seasonings. Bring to boil; cover and simmer about 2 1/2 to 3 hours or until meat is tender. Remove ham hock; cool. Cut ham off bone; dice. Add to soup and heat thoroughly. Ladle soup into bowls and top each serving with 1/2 cup rice. Garnish with parsley, if desired. Makes 6 to 7 servings.

\* If using fully cooked ham pieces (or ham bone with bits of meat) reduce water to 1 1/2 quarts and cook 1 1/2 to 2 hours or until beans are tender.

## FRIJOLAS CON QUESTO

(Beans with Cheese)  
**1 can 10 ounces tomatoes\***  
**1 can (4 ounces) diced green Chiles**  
**8 ounces pasteurized process American cheese, cubed (2 cups)**  
**1 teaspoon salt**  
**1/2 teaspoon garlic powder**

## Blanket sleepers answer cold

Turning down the thermostat at night helps cut down the heating energy bill, but it may cause small children in the home to become cold.

To keep small children warm at night, consider blanket sleepers, recommends Marilyn Lunner, Clackamas County Extension agent.

Blanket sleepers provide warmth for children throughout the night by surrounding and moving with them. Blankets that do not stay tucked in may leave the child cold.

"Blanket sleepers usually have rib knit necklines and cuffs that fit closely and keep in body warmth," says Ardis Koester, Oregon State University Extension textiles and clothing specialist. "They also cover the child's feet."

Styles for toddlers and children have skid resistant soles attached to the bottoms of sleeper feet.

When buying blanket sleepers for children, remember that the warmth comes from the insulating layer of air trapped by the garmet.

"New fabrics which aid in the insulation process include velours and brushed or fleeced knits. These fabrics for children's sleepwear are made from flame resistant madacrylic and polyester combination. The fabrics are inherently flame resistant and aren't treated with any chemicals to achieve flame resistance."

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