



**Not just
cooking**

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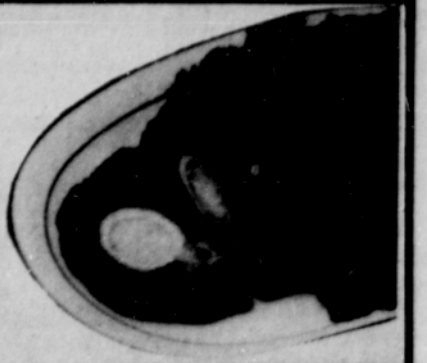
**Turkey
any day**

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**Mexican
Meat Loaf**

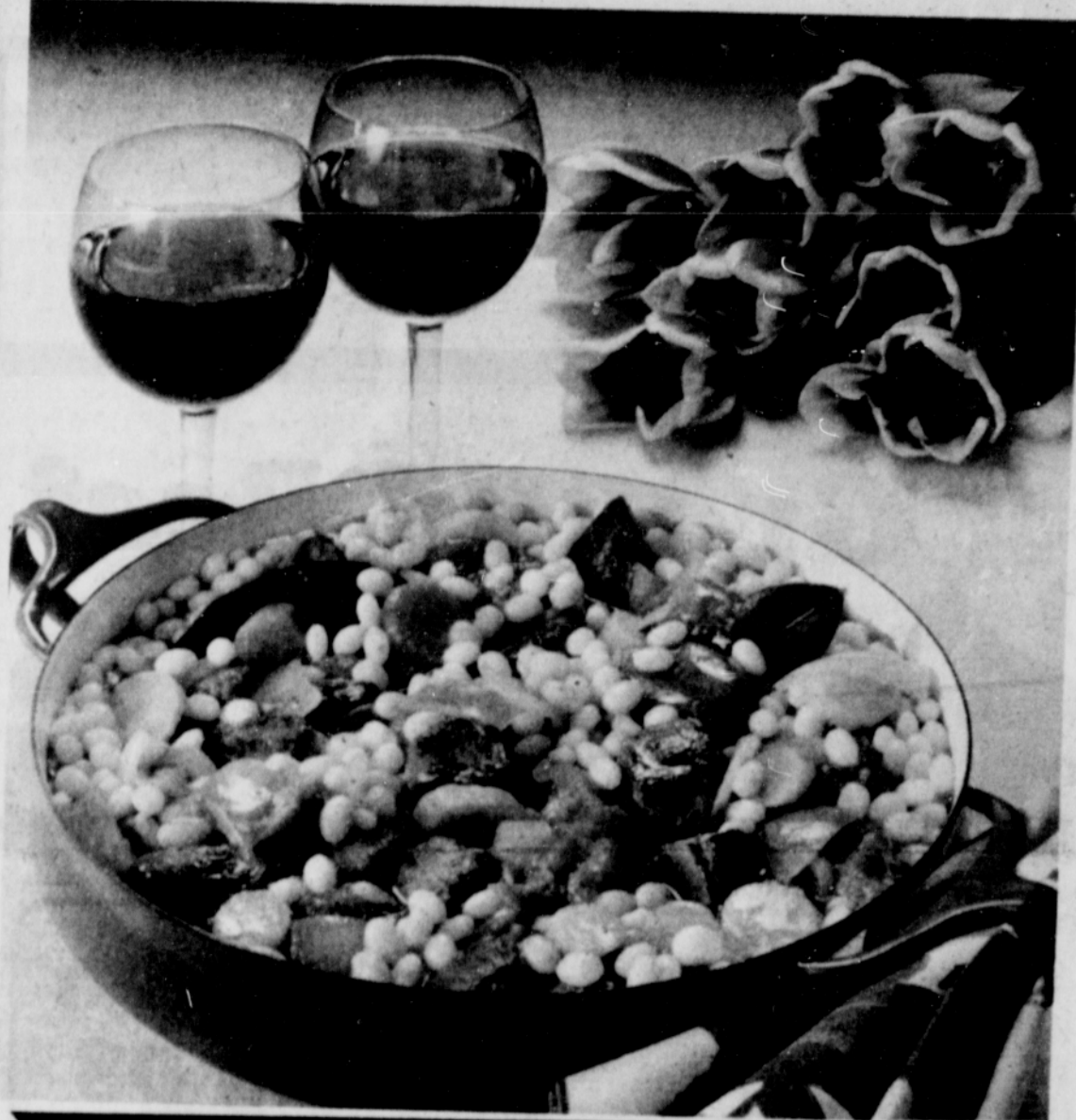
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FOOD SECTION

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★ American Mainstays! ★



BEANS & RICE...

Beans and rice

COOKING DRY BEANS

YIELD: A one pound package of dry beans equals 2 cups dry and yields 5 to 6 cups cooked beans.
TO SOAK: Traditional Method: To one pound of dry beans add 6 cups cold water. Let stand overnight (at least 6 to 8 hours). Do not refrigerate. Drain, rinse and cook.
Quick Method: To one pound dry beans add 6 to 8 cups hot water. Heat, let boil 3 minutes, cover and set aside for an hour. Drain, rinse and cook.
TO COOK: Add 6 cups hot water, 2 tablespoons shortening or oil and 2 teaspoons salt to soaked beans. Cook beans with lid tilted until tender, approximately 1 hour.

MEXICAN BEAN AND RICE PIZZA (Photo Recipe)

3 cups cooked rice	1 teaspoon garlic salt
2 eggs, slightly beaten	1 tablespoon finely chopped jalapeno peppers or 1/2 cup diced green chiles
2 cups grated Monterey Jack cheese, divided	1/4 cup barbecue sauce
8 ounces ground pork sausage	Chopped tomatoes, green pepper strips and/or jalapeno slices
1 cup chopped onions	
3-1/3 cups cooked or canned pinto beans	

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

VEGETABLE-RICE MEDLEY SALAD (Photo Recipe)

2 cups cooked rice	1/3 cup dairy sour cream
1 can [15 ounces] red kidney or blackeye beans, drained	2 teaspoons lemon juice
1 cup each sliced celery and yellow squash	1 teaspoon salt
2 green onions, including tops, thinly sliced	1/2 teaspoon seasoned pepper
1/3 cup mayonnaise	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.

FRIJOLE CON QUESO (Beans with Cheese)

1 can [10 ounces] tomatoes*	1 teaspoon salt
1 can [4 ounces] diced green chiles	1/4 teaspoon garlic powder
8 ounces pasteurized process American cheese, cubed [2 cups]	2-2/3 to 3 cups drained cooked or canned pinto beans
	3 cups hot cooked rice

Chop tomatoes. Combine tomatoes (including liquid), green chiles, cheese, salt and garlic powder in 2-quart saucepan. Cook over low heat, stirring occasionally, until cheese melts. Add beans and heat thoroughly. Spoon over beds of fluffy rice. Makes 6 servings.

*Or use 1 can (14-1/2 to 16 ounces) tomatoes, drained (save juice for other use).

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.

COOKING RICE

YIELD: A one pound package of regular rice equals about 2-1/4 cups dry and yields 7 cups (14 servings) cooked rice. Parboiled rice and brown rice yield 8 to 9 cups (16 to 18 servings) cooked rice per pound. One cup pre-cooked rice (dry form) yields 1 to 2 cups.
TO COOK: Measure rice, water and salt into saucepan, using exact amounts. Bring to a boil, stir once, cover and cook for 15 minutes (regular rice), 20 to 25 minutes (parboiled rice), or 45 minutes (brown rice). For pre-cooked rice, follow package directions. If some liquid remains at end of cooking time, cook a few minutes longer. Fluff with a fork and serve. Do not rinse before or after cooking.
Note: For drier, fluffier rice, decrease liquid by 2 to 4 tablespoons.

BEANS AND RICE SUPPER SOUP

3/4 pound [1-3/4 cups] dry great northern or navy beans	1 cup chopped onions
2 quarts water	1 cup chopped celery
2 teaspoons salt	1/2 cup diced carrot
1 smoked ham hock*, about 1-1/2 pounds	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.

TANGY BEANS AND RICE

1 cup boiling water	1-1/2 cups drained cooked small red, pink or pinto beans
1/2 cup uncooked rice	2 tablespoons each chopped green onion and parsley
1/2 teaspoon salt	2 tablespoons vegetable oil
1/4 teaspoon basil leaves	
1/8 teaspoon pepper	
1/2 cup chopped celery	
2 to 3 teaspoons vinegar	

Combine water, rice, seasonings and celery; cover and simmer 20 minutes or until rice is cooked and water is absorbed. Stir in remaining ingredients; heat thoroughly. Serve warm or cold. Makes 4 servings.

RICE AND BEANS IN A SKILLET

1/3 cup chopped onion	1/2 teaspoon leaf oregano
1 clove garlic, minced	Pepper, if desired
2 tablespoons vegetable oil	1-1/2 cups drained cooked or canned great northern beans
1 large tomato, peeled and chopped	2 cups cooked rice
1 can [8 ounces] tomato sauce	1 cup grated Cheddar cheese
2 tablespoons chopped parsley	

In large skillet, saute onion and garlic in oil until onion is tender. Stir in tomato, tomato sauce, parsley, seasonings, beans and rice; mix well. Cover and simmer 5 minutes. Sprinkle cheese over mixture. Remove from heat. Cover and let stand 5 minutes. Makes 4 to 6 servings.

