

# African-Style Rice + Beans

Serves 6  
Cook time: 50 minutes



Adapted from: AfricanBites.com  
Inspired by: Ghanaian Waakyie



**Greater Cleveland  
Food Bank**

## INGREDIENTS

- 1/4 - 1/2 cup cooking oil (like canola or palm)
- 1 medium onion, diced
- 2-3 cloves garlic, minced
- 1 TBS thyme dried (or fresh)
- 1 tsp paprika (preferably smoked)
- 1/2 tsp cayenne (or 1/2 tsp scotch bonnet)
- 4 tomatoes, diced (or one 15oz can)
- 2 cups rice, dry (like basmati or long-grain)
- 2 cups beans, cooked (like blackeyed peas, red or black beans)
- 4-1/2 - 5 cups water or chicken stock

## DIRECTIONS

1. Heat oil in pan; add onions, garlic, thyme, paprika and hot pepper.
2. Cook for 1 minute; add tomatoes.
3. Cook for 5-7 minutes; add rice.
4. Cook 2 minutes; add beans and water.
5. Bring to boil, then simmer until rice is cooked; stir occasionally.
6. Taste; add salt and pepper to taste.

**BEAN BENEFITS:** Beans are a good source of protein, fiber, magnesium, complex carbohydrates and more. They can help lower blood pressure. Serve with chicken and fresh fruit for a meal.

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