

Southwest Beans and Rice with Sweet Corn Salsa

Seared peppers, onions and Napa cabbage team up with beans and rice tonight. The Beans and Rice is topped with a delicious seared, sweet corn salsa for a flavor-packed one dish meal. Finish each plate with a drizzle of plain yogurt and a little shredded sharp cheddar cheese.

It's seasonal dining with a Southwest accent. Enjoy!

Preparation time: 40 minutes - Servings: 2-3

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients below on small plates before you start. Having all items prepped and ready to add can be critical to the success of your recipe. Begin by cooking rice, or, if you have 1-1/2 C. leftover rice, that works too.

Brown Rice

1 C. brown rice
combined with
2-1/4 C. water
pinch of salt

Sweet Corn Salsa

2 tsp. canola oil
2 C. sweet corn (frozen or fresh)

1 C. Commercial tomato salsa (Use
leftover homemade Tomato Salsa if
you have it.)

Beans and Rice

Southwest Spice Mix:

1 T. chili powder
1/2 tsp. ground cumin
1/4 tsp. garlic powder
1/4 tsp. onion powder
1 tsp. dry oregano leaves
1/2 tsp. salt
1/2 tsp. granulated sugar

Beans and Rice:

one 15 oz. can no-salt diced tomatoes
a couple dashes of Sriracha Sauce or Tabasco
Sauce

2 T. Southwest Spice Mix (above)

2 C. brown rice (above)
one 15 oz. can pinto beans (drained and rinsed)

Seared Onions, Cabbage, Peppers

Seared Onions, Cabbage and Peppers:

2 tsp. olive oil
1 C. sweet onion (sliced, coarsely chopped)
1-1/2 C. Napa cabbage (thin-sliced)
1 tsp. olive oil
2/3 C. red bell pepper (chopped)
2/3 C. red green pepper (chopped)
1 clove garlic (smashed and chopped)

Garnish/Finish

juice from 1/2 of a lime
3 T. plain, nonfat yogurt (stirred smooth)
3 T. shredded sharp cheddar cheese
3 kiwis - 1 kiwi per diner (peeled/sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

If you need to cook rice, begin by bringing the rice, water and salt to a boil. Reduce heat to medium low, cover and set a timer for 25 minutes.

Sweet Corn Salsa

Heat oil in a medium sauté pan until it shimmers. Add corn and toss until it begins to brown.

Transfer to a medium-size bowl and stir in tomato salsa.

Beans and Rice

1. Mix spices in a small bowl and set aside.
2. Pour diced tomatoes into a large sauté pan. Add 2-3 dashes Sriracha Sauce (or Tabasco) and Southwest Spice Mix to the pan and cook over low heat 5 minutes. (If it starts to get too thick, add 1/4 C. water.)
3. Measure and add 2 C. cooked brown rice and drained pinto beans and cook another 5 minutes. Remove from heat.

Seared Onions, Peppers, Cabbage

1. Using the same pan used for the corn, heat oil until it begins to shimmer. Toss onion and sliced cabbage in hot oil until cabbage begins to char.
2. Remove from heat and transfer to beans and rice pan.
3. Measure additional oil into the same pan and heat until oil begins to shimmer. Add peppers and toss until peppers begin to brown. Add chopped garlic and toss until garlic becomes fragrant.
4. Transfer peppers and garlic to beans and rice pan and toss all vegetables with beans and rice over medium-high heat for about 3 minutes. Remove from heat and serve.

Garnish/Finish

Serve 2 C. beans and rice mixture per diner.

Drizzle servings with lime juice.

Top each serving with 1/3 C. corn salsa and garnish with a zig zag of plain, nonfat yogurt and a light grating of extra-sharp cheese.

Fan peeled and sliced kiwis along the edge of each plate as a finish.

What I've Learned from this Recipe

Searing the vegetables separately from the cooking beans and rice provides a dish with complex textures and individual fresh flavors. The vegetables will retain their color better when prepared this way as well.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com