

Bean and Veggie Soup & Bean and Rice Bowl

Ingredients

1 lb long grain enriched rice
1 lb dry pinto beans
1 lb bag of carrots
2 medium onions
2 limes
3-4 medium potatoes
1 lb broccoli crowns
Green onions
Knob of ginger root
1 head of garlic
Peanut butter
Sriracha
Soy sauce



Optional Items:

Salt
Pepper
Sweetener
Vegetable oil

Bean and Veggie Soup

Beans:

Prepare 1lb of beans according to the package instructions (*presoak beans if possible*). Optional items to add:

- ¼ of an onion
- 1 carrot (*peeled and cut into half*)
- 3 pieces of garlic

Once the beans have softened somewhat (*but are still a little "crunchy"*), add 1 tablespoon of salt. Once the beans are fully softened, do the following:

- Remove from heat
- Remove carrot and onion. Let cool. Chop the carrot and onion and add back to beans in pot.
- Remove approximately ½ of the beans (*try to not get too much of the liquid*) and set aside for Bean and Rice Bowl Recipe.

Roasted Veggies:

Preheat oven to 375 degrees. Peel potatoes and carrots. Dice potatoes, carrots and onions into similar sizes. Toss with oil, salt, pepper and spread on sheet tray. Cut broccoli into small pieces (*including stem*). Toss and cook broccoli separately. Cook veggies until tender and they've browned somewhat. Broccoli may cook quicker. Once the veggies are all done, set aside ½ of them for Bean and Rice Bowl Recipe.

Rice:

Prepare 1lb of rice according to the package instructions.

Bean and Veggie Soup Assembly:

Combine $\frac{1}{2}$ of bean mixture and veggies in pot, ladle into bowls and serve. You can add rice if you'd like, but only do this when you're serving it (*if you do it too far ahead, the rice will become extremely mushy*). **Optional:** Add a squeeze of lime or sriracha.

Bean and Rice Bowl with Roasted Veggies and Peanut Sauce

Peanut Sauce:

- $\frac{1}{2}$ cup peanut butter
- 1 tablespoon of soy sauce
- 1 teaspoon sweetener
- Juice of one lime
- 1 garlic clove, finely minced/crushed
- $\frac{1}{2}$ knob of ginger, finely minced
- 1-2 teaspoons of sriracha (*more or less to taste*)
- $\frac{1}{4}$ cup of water

Combine everything in jar. Shake to combine. Place in fridge. If possible, make in advance.

Assembly:

Use remaining beans, vegetables and rice from Bean and Veggie Soup Recipe. Place approximately $\frac{1}{2}$ - $\frac{3}{4}$ cup of rice in bowl. Place a hearty amount of beans on top and add roasted veggies. Drizzle with the peanut sauce. **Optional:** Add a squeeze of lime or sriracha.



Scan Me!

Fun Facts

- The world's tallest bean plant was over 45 feet tall and was homegrown in the USA!
- North Dakota produces $\frac{1}{3}$ of beans in the US.
- Beans are made up of mostly amino acids, which serve as the building blocks of proteins. This means they play a key role in maintaining and repairing the body.
- Beans are an excellent source of protein for vegetarians and vegans.



Visit www.choosemyplate.gov
for more information on
healthy eating.

