

One Pan Cilantro Lime Chicken & Rice

- 1 lb boneless, skinless chicken breasts, diced into 1" cubes
- 1 Tbsp canola oil
- 4 green onions, chopped (separate lighter + darker portions)
- 2 cloves minced garlic
- 1.5 C low-sodium chicken broth
- 4 oz canned, green chilies, chopped
- 2 tsp lime zest
- 3 Tbsp lime juice
- 1 3/4 C canned + rinsed black beans
- 2 C minute white rice (don't use regular rice!)
- 1/3 C cilantro, chopped
- salt & black pepper



Serves 4

Directions

1. Heat oil in a large skillet over med-hi heat.
2. Once hot, add chicken, season with salt & pepper, and sauté until cooked through, adding in lighter green onions and garlic at the last minute of cooking.
3. Stir in broth, green onion greens, chilies, lime zest, lime juice, beans and season with salt and pepper to taste.
4. Bring mixture to a boil, add rice (fully immersed in broth), and allow to boil 20 sec., then remove from heat and immediately cover with lid. Let rest 5-6 min.
5. If needed, return pan to med heat and cook and toss 1 min. to allow rice to absorb excess moisture.
6. Remove from heat, toss in cilantro and let rest 3 min. uncovered.

Sausage Beans & Rice

- 2 Tbsp olive oil
- 3 stalks celery
- 1 medium pepper (any color)
- 2 cloves garlic, pressed
- 1 onion, chopped
- 1.5 lb smoked sausage, sliced + halved
- 1/2 C tomato sauce
- 2 Tbsp water
- 2 Tbsp dried parsley flakes
- 1 bay leaf, whole
- 1 dash ground, cayenne pepper
- 30 oz kidney beans, rinsed + drained (If dry beans, soak them overnight the day before cooking)
- 1 C basmati brown rice
- 12 oz Zatarain's Red Beans & Rice mix



Serves 8

Directions

1. Prepare both the basmati rice and Zatarain's mix according to package. Set aside.
2. In a large skillet, heat olive oil. Add celery, pepper, garlic, onion and smoked sausage. Saute over med heat (about 10 min.) or until sausage is somewhat browned.
3. Add spices into the skillet and stir until even.
4. Add water and tomato sauce. Bring to a slow boil, add the beans and let simmer for 15-20 min.
5. Remove the bay leaf.
6. Add the cooked rice and stir until even.

Beans Rice & Cheese Burritos

- 20 flour tortillas
- 1 lb dry pinto beans
- 1.5 C water
- butter, to taste
- 2 C shredded cheese
- 1 pkg taco seasoning
- 1 Tbsp dry, minced onions
- 1 C brown rice, uncooked
- 1 Tbsp butter or oil (optional)
- sea & pepper, to taste
- hot sauce



Makes 20 burritos

Directions

1. Add dry beans to a 4 qt. or larger slow cooker and cover with water by an inch. Add salt and pepper to taste, cook on low for about 8 hrs. or until tender.
2. Drain cooking liquid off the beans, cool and refrigerate.
3. While beans are cooking, preheat oven to 350° F. Measure rice into an oven safe dish.
4. In a separate sauce pan, on the stovetop, bring water to a boil. Add salt and butter and pour over rice. Cover with foil or oven safe lid. Bake for 1 hr. or until liquid is absorbed and rice is tender. Cool and refrigerate.
5. After they have cooled, place beans and rice in large bowl and add cheese, hot sauce (to taste), minced onions and taco seasoning. Mix well.
6. Warm tortillas until pliable and add a large spoonful of filling mixture and wrap. Repeat until all tortillas are used.
7. Wrap burritos in foil. Heat wrapped burritos in a 325° F oven until heated through (approx. 25-30 min.)

Mexican Beans & Rice

- 2 C cooked rice (any kind)
- 30 oz canned, organic pinto beans (drained + rinsed)
- 3/4 C salsa (pre-made or fresh)
- 1/4 C olive oil
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garlic, minced
- 1 tsp chili powder
- sea salt & black pepper



Serves 6

Directions

1. Heat a non-stick skillet over med-hi heat.
2. Add olive oil and salsa. Sauté for 3-5 min.
3. Add the spices into the skillet and stir until evenly combined.
4. Add beans, then reduce heat to low. Let the beans cook for approx. 15 min., then add cooked the rice.
5. Stir everything together until evenly combined. Serve immediately.