## **Rice and Rocks**



# **PROTEIN LESSON**

Recipes to try at home



**Cultural Adventure** 

### Skillet Red Beans and Rice

#### Serves: 6

Ingredients

- 4 cloves garlic, minced
- 2 cans red beans, drained and rinsed
- 1/2 cup summer sausage, chopped
- 1 large onion, chopped
- 1 1/2 cup celery, chopped
- 1 large bell pepper, chopped
- 2 tsp creole seasoning
- Salt and pepper to taste
- 3 cups cooked brown rice



Instructions:

- 1. Add all ingredients but the rice to the skillet.
- 2. Bring to a simmer on medium heat for 5-10 minutes.
- 3. Add cooked rice and heat through. Enjoy!

### Garlic Edamame

## Serves: 4-6



#### Ingredients

- 1 bag frozen unshelled edamame
- 3 cloves garlic
- 2 TBS cooking oil (olive is best, but canola or vegetable will work)
- salt to sprinkle

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• 1 tsp low sodium soy sauce

#### Instructions:

- 1. Boil or microwave edamame as directed on package. Drain and set aside.
- 2. In a skillet, heat 2 TBS oil. Crush the 3 garlic cloves, but leave them in one piece.
- 3. Add crushed garlic and edamame to the skillet and sauté until the outside of the edamame are just browning.
- 4. Remove from heat. Drizzle soy sauce over the edamame. Spinkle salt. Serve with an empty bowl on the side to collect empty shells.\*

\*Edamame is eaten by popping the soy beans out of the shell, then discarding the shell.



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