

Black Bean and Yellow Rice Salad

Servings: 10

Source: Foster's Market Cookbook - June 2004

Ingredients

- 2 cups Dried Black Beans, picked over and rinsed
- 2 Garlic Cloves
- 1 cup Long-Grain White Rice
- ½ cup Olive Oil
- 1 Yellow Onion, Diced
- ½ teaspoon Turmeric
- 2 Scallions, Trimmed And Minced
- 1 Red Bell Peppers, Cored, Seeded, Chopped
- 1 Jalapeno, Seed And Minced
- 1 Lime
- 1 teaspoon Red Pepper Flakes
- Salt And Black Pepper To Taste
- 1 Ripe Avocado
- 1 cup Foster's Salsa, Recipe Below
- 1 cup Corn Bread Croutons, optional, recipe below
- ¼ cup Fresh Cilantro

Method

1. Quick-soak the beans; Place the beans and garlic in a large pot with water to cover by 3 inches and bring to a boil. Reduce heat and simmer, uncovered, for 45 minutes. Remove from the heat, drain, rinse, and set aside. Discard the garlic.
2. Rinse the rice in a sieve under running water until the water runs clear, and set aside to drain.
3. Heat 2 tbsp of olive oil in saucepan over medium heat. Add the onion and cook and stir 4 to 5 minutes, until the onion is soft and translucent.
4. Add the rice and stir to mix. Add the turmeric and just enough water to cover the rice by ¼ inch. Reduce heat to low. Cover and simmer 20-25 minutes, until all the water is absorbed and the rice is flaky and tender. Remove from the heat and set aside to cool.
5. Combine the scallions, red bell pepper, jalapeno, lime juice, red pepper flakes, and remaining olive oil in a bowl and stir until mixed. Add half of this mixture to the beans and stir gently to mix. Add the remaining scallion mixture to the rice and stir gently to mix. Season with salt and pepper.
6. Just before serving, peel and pit the avocado, and cut into 1-inch slices.
7. Put the rice mixture on a platter and top with bean mixture. Place the salsa on top of the beans, top with the avocado, croutons, and cilantro. Serve immediately or refrigerate until

ready to serve. (If you are refrigerating, do not add the salsa, avocado, croutons, or cilantro until ready to serve.)

Foster's Salsa

7 tomatoes, cored and chopped One 14½ oz. can chopped tomatoes with juice One 4½ oz can mild green chili peppers, diced 1 red bell pepper, cored, seeded, and diced 1 red onion, diced 1 jalapeno, seeded and diced 3 garlic cloves, minced ¼ c olive oil ½ c chopped fresh cilantro Juice of 1 lemon Juice of 1 lime 2 tsp ground cumin 2 tsp salt 1 tsp freshly ground black pepper 1 tsp red pepper flakes

Combine all the ingredients in a large bowl and stir to mix well. Adjust seasonings, depending on how hot you like your salsa. This keeps 3-4 days in the fridge.

If tomatoes are in season, you can omit the canned tomatoes entirely and add 3 more large, chopped fresh tomatoes.

Corn Bread Croutons

4 c day-old or dry corn bread, cut into ½ inch cubes 4 tbsp (½ stick) unsalted butter, melted 2 tbsp olive oil 1 tsp salt ½ tsp black pepper

1. Preheat the oven to 400°F.
2. Mix the corn bread gently with the butter, olive oil, salt, and pepper in a bowl.
3. Spread out the corn bread cubes in one layer on a baking dish and bake, uncovered, 15 - 20 minutes, turning several times, until golden brown and crispy. Remove from the oven and cool. Use immediately or store in an airtight container until ready to use.

Variation: Add 2 tsp ground chili powder or ground cumin or 2-3 tbsp chopped fresh herbs (such as thyme, rosemary, or parsley) when you toss the corn bread in the butter and olive oil.