

Rice and Beans

Serves 6

The beets in this recipe are added for color. They can be served with the beans, as a separate vegetable dish, or in a salad.

1 pound dried black beans
4 medium beets, scrubbed
2 tablespoons finely chopped garlic
4 1/2 teaspoons coarse salt
2 tablespoons corn oil
3/4 cup chopped scallions
1/2 cup chopped fresh cilantro
Necy's White Rice (recipe follows)
Sautéed Kale or Collards (recipe follows)

1. In a medium stockpot, combine beans and beets. Add enough water to cover by 1/2 inch, about 8 cups. Bring to a boil, then reduce to a simmer, and cook until beets are tender when pierced with the tip of a knife, 40 to 60 minutes. Remove beets, and continue to cook beans until tender, 1 to 2 hours more. Peel beets once they're cool, and use as desired.

2. Mash together garlic and salt to make a paste. In a medium skillet, heat oil over medium heat; add garlic-salt mixture, scallions, and cilantro. Cook, stirring frequently, until scallions are soft, 2 to 4 minutes. Stir mixture into cooked beans, and simmer for 5 minutes. Serve with white rice and sautéed kale or collards.

Necy's White Rice

Serves 6

3 cups white rice
1/3 cup corn oil
1 tablespoon coarse salt

1. In a fine strainer, rinse rice under cold running water for 1 minute, drain well, and set aside. Bring 6 3/4 cups water to a boil.
2. In a medium stockpot, heat oil until very hot but not smoking. Add rice; cook, stirring, until translucent, about 3 minutes. Add salt, and stir to combine.
3. Add enough boiling water to cover, about 4 1/2 cups. Simmer over medium heat, partially covered, until water is absorbed, about 9 minutes. Add remaining 2 1/4 cups water, and continue cooking over low heat until water is absorbed and rice is cooked through, about 15 minutes more. Serve immediately.

Sautéed Kale or Collard Greens

Serves 4 to 6

3 medium cloves garlic

1 teaspoon coarse salt

2 tablespoons olive oil

2 medium bunches kale or collards, tough stems removed and discarded, leaves very thinly sliced

Mash together garlic and salt to form a coarse paste. In a medium skillet, heat oil over medium-high heat. Add garlic-salt mixture and kale. Cook until kale is bright green and slightly wilted, about 4 minutes.