



RED RICE BOWL

Use the following recipes & ingredients to create 2 servings of the Red Rice Bowl dish. To assemble each bowl, add the base rice layer to the bottom of the bowl, then add 2 patties, 6-8 sweet potato rounds, and the Efo Riro (cooked spinach) remix. Enjoy!

RED RICE



INGREDIENTS

- 1 cup basmati rice
- 1 cup black-eyed peas
- 1¾ cups vegetable stock (or water)
- 1½ teaspoons olive oil (or oil of choice)
- ½ onion, finely chopped
- ½ cup green pepper, finely diced
- 1 garlic clove, minced
- ¼ teaspoon sea salt
- 2½ Tablespoons tomato paste
- 2 teaspoons tamari
- 1 green onion stalk, roughly chopped

INSTRUCTIONS

BASMATI RICE

1. Soak in water overnight, drain, and rinse very well.

BLACK-EYED PEAS

1. Soak peas in water overnight. Drain, then transfer to a medium saucepan and fill with enough water to cover the peas by 2 inches. Place over high heat and bring to a boil. Skim off any foam, reduce the heat to medium, partially cover, and simmer until the beans are softening but still firm, 40-50 minutes.
2. Add 1 teaspoon salt and simmer for another 10 minutes. Drain the beans, rinse in cold water for 1 minute, and set aside to cool.

RED RICE

1. Warm the oil in a medium saucepan over low heat. Add the onion and salt and saute until the onion is golden brown and soft.
2. Add the rice and cook, stirring often, until the water has evaporated and the rice starts to smell nutty, about 2 minutes, Add the garlic and chopped bell pepper and saute until fragrant for 2-3 minutes.
3. Add the tomato paste and stir well to coat the rice and vegetables. Stir in the stock or water and tamari, increase the heat to high and bring to a boil.
4. Decrease the heat to low and cook until the liquid is absorbed and the rice is tender, about 15 minutes. Remove from the heat and let stand, covered.
5. Fluff with a fork and add chopped green onions, taste and adjust seasoning if desired.

BLACKENED SWEET POTATO ROUNDS

INGREDIENTS

- 1 sweet potato, washed and dried, cut in ½ inch round slices
- 1 Tablespoon olive oil (or other oil)
- 1 Tablespoon blackening season (store-bought or use attached recipe)

INSTRUCTIONS

1. Preheat the oven to 375 degrees.
2. Wash sweet potato and pat dry.
3. Slice the sweet potato in ½ inch rounds with the skin on.
4. Toss potatoes in oil until they are fully coated, then toss in blackening seasoning.
5. Line a sheet tray with foil and arrange potatoes in a single layer, be careful not to overcrowd. Roast for 15-20 mins until soft.
6. Flip sweet potato rounds over about half way through the cooking process.

EFO RIRO REMIX

INGREDIENTS

- Olive oil (or other oil)
- 2 cups spinach, chopped
- ¼ yellow onion, sliced

Puree:

- ½ red bell pepper
- ½ red onion
- ¼ scotch-bonnet (or habanero) pepper
- ½ red bell pepper
- 3 Tablespoons tomato paste

INSTRUCTIONS

1. In a food processor, add ½ red onion , ¼ scotch-bonnet pepper, ½ red bell pepper, and tomato paste.
2. Puree until all ingredients are a coarse puree.
3. Add oil to a deep pot and heat over a medium heat. Once the oil is hot add the sliced yellow onion and red pepper and fry until translucent for about 30 seconds.
4. Add the coarse puree mixture and fry until fragrant about 4-5 minutes.
5. Add chopped spinach.
6. Cook uncovered for about 2-3 minutes until spinach is softened.

BERBERE BLACK-EYED PEA PATTIES

INGREDIENTS

- 2 Tablespoons olive oil (or other oil)
- 2 teaspoons berbere seasoning (store-bought or see attached recipe)
- 1 portobello mushroom, finely chopped
- 1/8 red onion, finely chopped
- 1 garlic clove, minced
- 1/4 cup gluten-free bread crumbs
- 1/2 Tablespoon tomato paste
- 1/2 cup black-eyed peas, cooked
- 1/2 Tablespoon Tamari
- 1/2 Tablespoon lemon juice, fresh
- 1/4 scotch-bonnet (or habenero) pepper, seeded and minced
- 2 sprigs cilantro, minced
- Sea salt and ground black pepper

INSTRUCTIONS

MUSHROOM MIXTURE

1. Warm the oil in a small skillet over low heat. Add the onion and saute until dark golden brown and extremely soft.
2. Add the garlic, berbere, and 1/8 teaspoon salt. Saute until fragrant, about 2 minutes. Increase the heat to medium.
3. Add the mushrooms, bread crumbs, and tomato paste and cook, stirring occasionally, until the mushrooms are soft, about 5 minutes.
4. Remove from heat and let it cool.

PATTIES

1. While the mushroom mixture is cooling, take 1/2 cup of cooked and cooled black eyed- peas and mash with a fork or place in a food processor with tamari and lemon juice.
2. Mix in the mushroom mixture, with cilantro, and chopped scotch-bonnet pepper. Combine until the mixture is completely incorporated.
3. Add a few drops of water if the mix is not binding or dry. Taste the mixture and season with black pepper if desired.
4. Scoop about 1/4 cup of the mixture for each and form into a patty about 2 inches wide and 3/4 in thick. Set aside.
5. Warm oil over high heat until hot in a medium nonstick pan, add patties and reduce heat. Cook until crispy and browned for about 5 minutes on each side.

BERBERE SEASONING (YIELDS 1/3 CUP)

INGREDIENTS

- 1 teaspoon cumin seeds (or ground cumin), toasted
- 1 dried chipotle chile stemmed, broken into pieces
- 1 teaspoon allspice berries, toasted (or ground allspice)
- 1/2 teaspoon coriander seeds (or ground coriander), toasted and ground
- 1 teaspoon fenugreek seeds, toasted
- 6 cardamom pods (or ground cardamom)
- 3 Tablespoons paprika
- 1 Tablespoon coarse sea salt
- 1 teaspoon red pepper flakes
- 1 teaspoon dried thyme
- 2 whole garlic cloves, minced and toasted
- 1 teaspoon black peppercorn
- 1/2 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cayenne

INSTRUCTIONS

1. Put the cardamom pods in a medium dry skillet over medium-low heat. Toast until fragrant, shaking the pan occasionally to prevent burning, about 2-3 minutes. Remove and allow to cool.
2. Crack open the pods with your fingers and add their seeds to a mortar or spice grinder. Add all the other ingredients and grind into a fine powder. Transfer to a jar and seal tightly. Stored at room temperature, it will store for 6 months.

BLACKENING SEASONING (YIELDS 1/3 CUP)

INGREDIENTS

- 2 teaspoons coriander seeds (or ground coriander), toasted and ground
- 1 Tablespoon cumin seeds (or ground cumin), toasted and ground
- 2 Tablespoons paprika
- 2 teaspoons black peppercorns
- 1 1/2 teaspoons coarse sea salt
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper

INSTRUCTIONS

1. Combine all ingredients together in a mortar or spice grinder and grind into a fine powder.
2. Transfer to a jar and seal tightly. Stored at room temperature, it will store for 6 months.