CLAS@Pitt Cookbook
GLOBAL HUB Rice and ... Series
Rice and Beans—a Continental CLASsic
STOVETOP RICE AND BEANS

By Luz Amanda Hank

INGREDIENTS AND TOOLS
Serves 6 (or 2 really hungry people) | PREP TIME 5 minutes | COOK TIME 20 minutes
A serving of rice and beans has around 244 calories—depending on what extra ingredients you add.

- 1 cup of rice, uncooked (8 ounces or 228 grams)
  - white rice; I like basmati rice, but any kind of white rice will do
- 1 can of beans (15 oz) drained
- 2 cups of water
  - The 2 cups (16 ounces or 460 ml) of water may be just tap water, or the combination of tap water and the liquid from the can of beans once you have drained the beans
- 1 - 2 tablespoons of oil (any vegetable oil, including olive oil; it is up to you)
- Pinch of garlic powder (optional--less than 1/2 a teaspoon—a splash) or one clove of garlic finely minced
- Pinch of salt
- A small pot
- A spoon to stir

Note: This is in weight not volume.

DIRECTIONS
Suggestions: If you have a favorite spice or need to add more salt, I suggest adding it on step #5.

1. Drained the can of beans as part of the 2 cups of liquid (the liquid from the beans and water will be two cups total combined)
2. Pour oil into small pot, when it heats up add the cup of rice (stir constantly, the rice will get darker and it will have a nutty flavor at the end)
3. After a minute or so add the garlic (if any) and water mix—Don’t let the rice get too dark.
4. Add the two cups of water mixed, let it boil at a high temperature
5. When water starts to boil fast, add the drained beans
6. Stir
7. When you see that small holes in the rice and beans, turned heat down and cover for about ten to twelve more minutes—low heat is the key.
8. Let it seat for a little bit and ready to eat.
MICROWAVE RICE AND BEANS

by Luz Amanda Hank

INGREDIENTS AND TOOLS
Serves 6 (or 2 really hungry people) | PREP TIME 2 minutes | COOK TIME 13 minutes
A serving of rice and beans has around 244 calories—depending on what extra ingredients you add.

- ½ cup of rice, uncooked (white rice; I like basmati rice, but any kind of white rice will do)
- 1 can of beans (15 oz) drained (black, red or any kind that you like)
- 1 ¼ cup of water
- ½ tablespoon (TBS) of butter (or as much as you have or like to use)
- Pinch of salt
- Microwave safe container
- A spoon to stir

Note: This is in weight not volume.

DIRECTIONS

Suggestions: If you have a new microwave start at three minutes increments, my microwave is over ten years old—it takes a little bit longer. If you have a favorite spice or need to add more salt, I suggest adding it on step #6.

1. Drained can of beans—set aside
2. In a microwave safe container combined salt, butter, and garlic (if any) (stir)
3. Place dish in microwave and heat for two minutes--I don’t put the lid on it all the way—see photo.
4. After two minutes, add rice to water (stir), microwave for five more minutes
5. After five minutes, take out and stir, see the texture of the rice (rice should be softer and expanding in size), place in microwave for another five minutes.
6. Take rice out (check texture), add the drained beans, stir and microwave for another three minutes
7. Take dish out of microwave, stir, let it cool off for about five minutes and enjoy.
CUBAN RICE AND BEANS

by Elba Hidalgo

INGREDIENTS AND TOOLS
Serves 6 (or 3 really hungry people) | PREP TIME: 24 hours (bean soak) | Cook time: 4 hours
• 1 lb (bag) of dried black beans, picked through
• 1/2 green pepper
• Bay leaf
• Sofrito: Video of the process “CLICK HERE”
  o 2 slices bacon, diced small (Soy chorizo is a good vegetarian substitute!)
  o Small yellow onion, diced
  o 1/4 green pepper diced
  o 1/4 red pepper diced
  o 2 cloves garlic, chopped
  o 4 tablespoons olive oil
• 1 tbs oregano
• 1 tsp ground cumin
• 1 tsp smoked paprika
• Salt to taste (1 tsp)
• Ground black pepper to taste
• Saucepan
• Slow cooker
• Spoon to stir

DIRECTIONS
Suggestions: If you prefer to make it vegetarian, you can add 3 tbs soy chorizo to the sofrito after the onions and peppers are cooked. Stir chorizo to cook a little before adding the water to loosen bits.

1. Soak black beans in water overnight
2. (Or use quick method of bringing dried beans to boil for 2-3 minutes. Then letting rest in the hot water for 2-3 hours)
3. Drain beans and place in slow cooker with enough fresh water to cover them. Add 1/2 green pepper and bay leaf and cook on high for approximately 3 hours. Check to see if tender by scooping a few onto a spoon and mashing with a fork. Continue cooking until tender.
4. While the beans cook, make sofrito.
5. Sofrito:
   a. Add diced bacon to frying pan and sauté until golden and fat has been rendered.
   b. Add onions and peppers and cook while stirring for about 1 minute.
   c. Add garlic and cook another 30 seconds.
   d. Add spices.
   e. Continuing to stir.
   f. Add about 1/4 cup of water to loosen dried bits from pan.
6. Add sofrito to cooked beans and stir.
7. Adjust salt and pepper.
8. Cooks for 10 minutes or so.
COLOMBIAN HOGAO

by John Fredy Diaz & Sirleyda Gomez Villada

Serves three to five people | PREP TIME: 5 minutes | 10 minutes

What is hogao:
https://www.sweetysalado.com/2013/04/hogao-espanol.html

- Two scallions
- 3 tomatoes (depends if you like more tomatoes than onions)
- Garlic
- Because it is hard to find Colombian spices in the USA, use cumin, saffron and cilantro
- Pinch of garlic
- Salt to taste
- 2 tablespoons of oil (any oil)
- Splash of water
- A saucepan and a spoon to stir

Video of the process “CLICK HERE”

DIRECTIONS

1. Add oil and heat
2. Add scallions, sauté for a minute or two
3. Add garlic
4. Add rest of spices
5. Add tomatoes
6. Add water and oil if needed
7. Spoon to stir

Facts:

Hogao is a variant of Spanish sofrito and is typically used in Colombian cuisine. Traditionally made with only long green onions and tomatoes, it differs from guiso, which can also be made with round onions, garlic, cumin, salt, and pepper that are sautéed over low heat during the cooking process. It is used for meats, arepas, rice, and other dishes, and can complement the famous Bandeja Paisa. The ingredients and naming tradition vary from region to region, though it is originally from Antioquia and the region whose people are known as paisa. Its name comes from the old use of the verbs ahogar and rehogar that reference a slow cooking technique, but also to drown. “Wikipedia”
MORE ABOUT RICE, BEANS AND CORN...

**Corn, the Americas' Rice:** Manuel Roman-Lacayo will share tidbits about corn, and its place in the American continent.

Manuel will demonstrate how to make tortillas, but please check this video from Eva Simon Francisco that has made them for years. Do you see any difference between Manuel's method and hers?

To watch video on real tortilla making, visit: “[CLICK HERE](#)"

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**Arroz con Habichuelas:** Jessica Craft will explain about Puerto Rican rice and beans and the sofrito base that's typically used in Puerto Rican cooking.

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**Feijoada:** Luis Bravo will explain about Feijoada’s history and how each region in Brazil has their own version.

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*These are variations of how I used rice and beans. After they are made, and with time, you will learn to combine it with other ingredients and create delicious meals. You can just have plain white rice and add a tomato, a splash of lime/lemon, black pepper and salt and have a delicious meal. Just be patient and don’t be afraid to try - Luz Amanda*

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Thank you for joining us today! The Center for Latin American Studies
This map was created by Caelan Hidalgo Schick—In this map, you will find “some” rice and beans dishes from Latin America and the Caribbean.