

## 2021 Rice Bowl Meals

### Week one 2/21 (2/14 bulletin)

#### Greens with Rice from MADAGASCAR

- 2 T fair trade olive oil
- 1 small onion, diced
- 1 medium tomato, diced
- 1 clove garlic
- 1 t fresh ginger, minced
- 3 c packed collard greens or kale
- 1 c rice
- 2 c water
- Salt and pepper to taste

Heat oil in medium-sized pot. Add onion, tomato, garlic and ginger, and sauté until just tender. Add collard greens or kale, and stir 1 minute. Add rice, water, salt and pepper. Bring to a boil. Cover and cook on medium heat for 25 minutes or until water is absorbed. *Serves 4–5*

<https://www.crsricebowl.org/recipe/vary-aminanana-greens-with-rice>

### Week two 2/28

#### BATAR DA'AN - Squash, Bean and Corn Stew from TIMOR-LESTE (2/21 bulletin)

- 1 large onion, diced
- 5 cloves garlic, minced
- 3 tbsp fair trade olive oil
- 3 cups water
- 1 butternut squash, cut into small pieces
- 1 10-oz. bag frozen corn
- 1 15-oz. can red kidney beans, drained
- Salt and pepper to taste

- 2 cups cooked rice

Sauté onion and garlic in olive oil over medium heat until tender. Add water and squash, and increase heat until water is simmering. Add corn and kidney beans, reduce to medium heat, and cook stirring occasionally for 15 to 20 minutes until squash is tender. Add salt and pepper to taste. Serve with rice. *Makes 4 servings.*

<https://www.csricebowl.org/recipe/recipe-east-timor-batar-daan>

Week Three 3/7 **(2/28 bulletin)**

CRISPY PANCAKES RECIPE from VIETNAM

For Pancakes

1 c rice flour

1 c water

1 c coconut milk

½ tsp salt

1 tsp turmeric

1 scallion, sliced thin

Oil (for cooking)

For Vietnamese Dipping Sauce (Nuoc Cham)

6 Tbsp warm water

2 Tbsp sugar

2 Tbsp lime juice

2 Tbsp fish sauce

1 garlic clove, minced

1 red chili, minced

## For The Filling

2 c fresh bean sprouts

½ lb small shrimp, peeled

6 scallions, sliced

Mint and cilantro for garnish

**For The Vietnamese Rice Flour Pancakes** Mix all pancake batter ingredients together in a large bowl until smooth. Let the mixture stand for 30 minutes while you prepare the other ingredients. **For The Vietnamese Dipping Sauce (Nuoc Cham)** Mix all the dipping sauce ingredients. Set aside.

**To Prepare the Filling** Preheat a 9 inch, non-stick skillet with a lid over medium heat. Add the bean sprouts and cook until most of the moisture has evaporated. Remove the sprouts from the pan and set aside. Increase the heat to medium high. Add 1 tsp of oil to the skillet. Add the shrimp and cook for 2-3 minutes, until cooked through. Add the scallions and sauté for 1-2 minutes. Remove the mixture from the pan and set aside.

**To Make the Pancakes** Add ½ tsp of oil to the skillet (if it looks dry) and pour about ½ c of the batter into the hot pan, tilting the pan quickly to create an even layer of batter that coats the pan. Distribute some of the cooked filling and bean sprouts over half of the batter and cover the skillet for 2-3 minutes, until the edges begin to brown. Remove the lid and reduce the heat to medium, cooking until the bottom of the pancake is crispy, 3-5 minutes. Once the bottom of the pancake is golden and crispy, fold the pancake in half over the filling. Transfer to a plate and serve. Continue with the remaining batter and filling, adding a little oil as needed before pouring the batter. Makes 4 servings

<https://www.crsricebowl.org/recipe/crispy-pancakes>

Week Four 3/14 (3/7 bulletin)

BLACK BEAN SOUP RECIPE from GUATEMALA

Makes 4-6 servings

1 T fair trade olive oil

1 medium onion, chopped

2 garlic cloves, minced  
2 c water or vegetable broth  
3 cans black beans, drained and rinsed  
2 tomatoes, diced  
1 green chili, diced  
2 t ground cumin  
2 t chili powder  
½ t salt  
Cilantro, minced (optional)

In a large pot, sauté onion and garlic in oil until brown. In a blender, combine 1 c water/vegetable broth and 2 cans of beans. Blend until smooth. Add to onion mixture. Stir in tomatoes, chilis, remaining beans, spices and remaining water/broth. Bring to a boil. Reduce heat, cover and simmer for 15 minutes. Serve with cilantro.

<https://www.csricebowl.org/recipe/black-bean-soup>

Week Five 3/21 **(3/14 bulletin)**

SHAKSHOUKA RECIPE from GAZA

3 T fair trade olive oil  
1 onion, chopped  
2 garlic cloves, minced  
1 7oz can green chilis  
1 28oz can diced tomatoes  
1 T ketchup  
2 t salt

4 eggs

Heat oil in a large pan. Sauté onions and garlic. Add chilis including juice and cook until soft. Add tomatoes, ketchup and salt. Cook tomatoes down to a sauce. Make four holes in the sauce with a spoon. Crack the eggs into the holes and cover until the eggs cook. Leave yolks runny. Makes 4 servings

<https://www.csricebowl.org/recipe/shakshouka>

**Week Five 3/28 (3/21 bulletin)**

### **BEAN CAKES RECIPE form BURKINA FASO**

1 can black-eyed peas, drained

1 small onion, chopped

2 carrots, peeled and chopped

1 egg, whisked

½ t salt

½ t black pepper

1 c flour

¼ c vegetable oil

Place black-eyed peas in a blender with the onion, carrots and egg. Blend to a smooth paste and add salt and pepper. If bean mixture has too much liquid to form cakes, add flour, ¼ cup at a time to thicken until you can form into cakes. Divide into 6 to 8 portions and place in hot vegetable oil. Flatten each one into a disc using a spatula. Fry until browned (about 5 to 7 minutes), turning occasionally. Serve with rice. Makes 6–8 Bean Cakes

[Bean Cakes Recipe – Burkina Faso | CRS Rice Bowl](#)