



The Kitchen at Second Harvest Three Bean Salad try at home recipe from Chef Dorita

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Ingredients

- 1 can black beans
- 1 can kidney beans
- 1 small red pepper
- 1 small green pepper
- 1 small onion
- 2 cloves garlic
- 2-3 tbsp olive oil
- salt and pepper to taste

Yield: 6 servings

Serving Size: about 1 cup



Directions

1. Rinse and drain the beans in a colander using cold water and pour into a medium size pot with 2 cups of water, over medium heat bring beans to a boil for 20 to 30 minutes until tender.
2. While beans boil, wash and dice vegetables into ½ inch cubes and place in a mixing bowl.
3. Mince garlic and place in a bowl with vegetables.
4. When beans are tender, drain (do not rinse) and pour over vegetables.
5. Sprinkle with 2 Tbsp southwest seasoning and salt and pepper to taste.
6. Drizzle with olive oil or any other flavored oil and stir to incorporate the ingredients.

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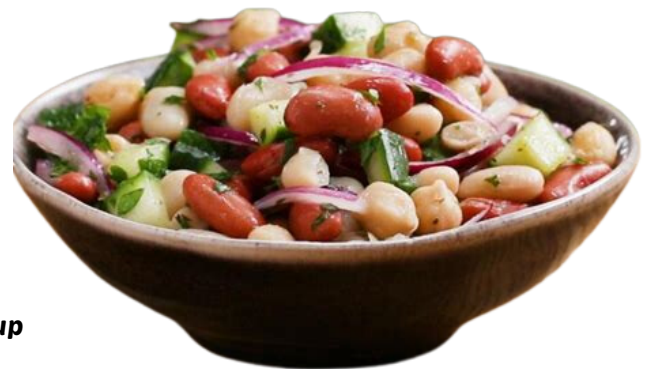


Ingredients

- 1 can black beans
- 1 can kidney beans
- 1 small red pepper
- 1 small green pepper
- 1 small onion
- 2 cloves garlic
- 2-3 tbsp olive oil
- salt and pepper to taste

Yield: 4 servings

Serving Size: about 1 cup



Directions

1. Rinse and drain the beans in a colander using cold water and pour into a medium size pot with 2 cups of water, over medium heat bring beans to a boil for 20 to 30 minutes until tender.
2. While beans boil, wash and dice vegetables into ½ inch cubes and place in a mixing bowl.
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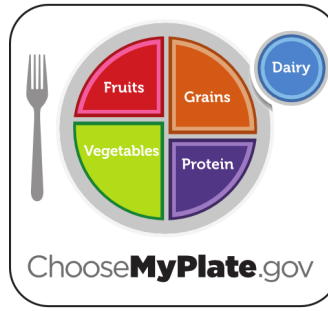


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

Cooking Tips

- Add one can of whole kernel corn to stretch the recipe.
- Serve this salad warm with cooked rice, on a bed of greens, or in a tortilla with lettuce and cheese
- This is a great salad for outdoor gatherings because nothing in it can go rancid in the sun, unless you add another protein.

Second Harvest is an equal opportunity provider.

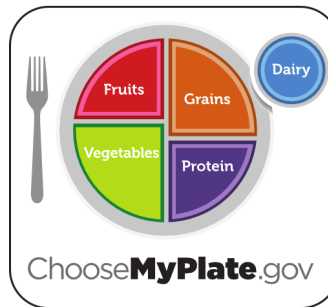


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Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	32%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	14%
<small>Not a significant source of vitamin D, calcium, iron, and potassium.</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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The Kitchen at Second Harvest
Southwestern Seasoning
try at home recipe from Chef Dorita

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Ingredients

- 1 tbsp chili powder
- 1 tbsp paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp cilantro
- 1 tsp oregano
- 1 tsp salt
- ½ tsp black pepper
- 1/4 teaspoon ground spicy (more if you like it spicy)



Directions

1. Mix all ingredients together.

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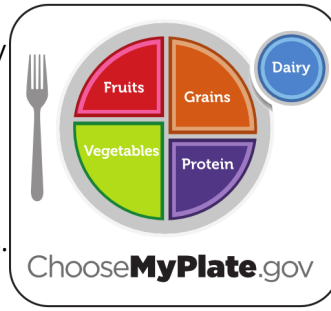


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Nutrition Facts

Cooking Tips

- Make a double batch of seasoning and keep it in a jar so you have it premixed next time around.
- You may use this dry rub to mix into sour cream, cream cheese or mayo to make a spicy dip for vegetables.

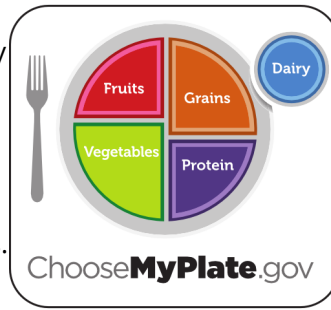
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The Kitchen at Second Harvest
Yellow Rice
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Ingredients

- 3 cups white rice
- 3 Tbsp Oil
- 1/2 cup of your favorite salsa or dried mixed vegetables
- 1 clove minced garlic
- Salt and pepper to taste

Yield: 6 servings
Serving size: 1/2 cup

Directions

1. Place oil in a cooking pot over medium heat.
2. When oil is hot, place rice and garlic in a pot and stir occasionally for 2 to 3 minutes until rice is lightly toasted in color.
3. Place two cups of hot water in a pot and turn heat on high until you get a rapid boil.
4. Once boiling, reduce heat to a simmer (about med) and loosely cover with lid.
5. Cook for 20 to 25 minutes until rice is tender, remove from heat. Fluff with fork and serve.



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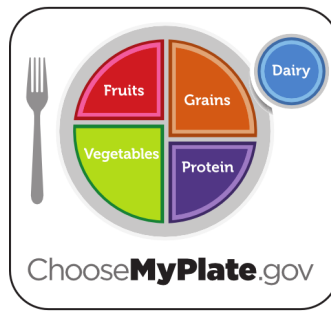


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Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Cooking Tips

- If you use dried mixed vegetables add 3 tbsp of tomato sauce with the vegetables for the extra liquid.
- If your rice is not tender after 25 minutes add 1/4 cup or less of hot tap water and continue to cook uncovered until desired tenderness is achieved.

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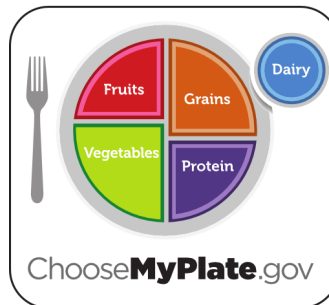
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6 servings per container	
Serving size	1/2 cup
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Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
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