



Beans and rice are eaten daily around the world. Here is a simple variation to try at home. (Serves 5-6)

Ingredients:

2 cups dried red beans

1 quart water

1 large onion, chopped

1 bay leaf

pepper & salt, to taste

1 tablespoon of vegetable oil

3 cups rice

Method:

Soak the beans overnight in cold water; drain.

Heat the beans in about a quart of water, add all ingredients except salt, and boil for at least 2 hours.

When beans are tender, mash them up with a tablespoon of oil.

Serve on boiled rice.

To stay with a typical ration size served in refugee camps, divide the portions into one sixth per person for each meal.