

LATIN RED BEANS AND RICE

Hearty, filling and full of flavor!

by Chef Kurt Kwiatkowski

Featured Food: Pinto Beans

Yield: Serves 6-8

Ingredients

4 slices of bacon (optional)	1 bay leaf
2 T. olive oil	1 t. dried oregano
1 ½ c. medium dice onion	1 T. ground cumin
1 c. medium dice red pepper	½ t. smoked paprika
1 jalapeño, seeds and veins removed, small dice	2 c. white rice, long or medium grain
3 cloves of garlic, minced	2 cans red pinto beans, drained and rinsed well
1 T. tomato paste	or 3 c. cooked beans
½ c. red wine	3 T. chopped cilantro
3 c. chicken broth or broth from bean pot	salt and pepper to taste
1 ½ T. vinegar	¼ c. sliced green onions

Preparation

Slice bacon into 1/4 inch strips; cook in a large pot with olive oil until bacon is cooked and crisp. Remove bacon and set aside for garnish. Add onion and peppers to the pot; sauté for 5 minutes over medium heat. Add garlic and tomato paste; sauté an additional 2 minutes.

Deglaze pot with wine. Add broth, vinegar, bay leaf, oregano, cumin, and paprika; mix well. Then stir in rice and bring to a boil. Reduce heat, cover pot, and let cook for 15 minutes. Stir in beans, cover and let cook for additional 20 minutes. Add cilantro, taste, and season with salt and pepper. Garnish with crisp bacon and green onions.

Chef Kurt was inspired by the flavors of Latin cuisine while studying at the Culinary Institute of America in San Antonio, Texas. He tasted many frijoles and rice dishes, a mealtime mainstay in the area. This recipe takes on the style of jambalaya, popular at Chef's house on a cool fall day.