

Arkansas Foods

★ Home Grown & Homemade ★

Arkansas
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DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System

Arkansas Style Soybeans and Rice



Ingredients:

- 1 c. dried yellow soybeans
- 1 tsp. vegetable oil
- ½ c. chopped green bell pepper
- ¾ c. chopped red bell pepper
- 1 c. chopped onion
- 1 c. chopped celery
- 1 clove garlic, minced
- 4 c. low sodium chicken broth
- 2 dried bay leaves
- 1½ tsp. Arkansas Spice Mix (recipe below)
- 1 c. uncooked brown basmati rice
- 1 (15-oz) can black soybeans, rinsed and drained

Directions:

1. Cook 1 cup dry beans according to directions (see cooking sheet).
2. Spray 12-in. skillet with cooking spray. Add oil, onion, peppers, celery and garlic; cook over medium-high heat 2-3 minutes, stirring occasionally, until vegetables are crisp-tender. Stir in broth, Arkansas Spice Mix and bay leaves. Heat to boiling. Stir in rice; reduce heat. Cover; simmer 25 to 30 minutes until rice is done.
3. Stir in cooked yellow soybeans and rinsed, drained black soybeans. Cook, stirring occasionally, until thoroughly heated and mixture thickens. Remove bay leaves.

Serves 8. 290 calories; 7g fat; >5mg chol; 42g carb; 9g fiber; 17g protein

Arkansas Spice Mix

- 2 Tbsp. oregano
- 2 Tbsp. paprika
- 2 Tbsp. basil
- 1 Tbsp. black pepper
- 1 Tbsp. cayenne pepper
- 1 Tbsp. dried thyme
- 1 Tbsp. salt

Combine spices in a jar with a tight-fitting lid and shake to mix. Store covered at room temperature.