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Arkansas GROWN

Arkansas Style Soybeans and Rice

Ingredients:

- 1 c. dried yellow soybeans
- 1 tsp. vegetable oil
- ½ c. chopped green bell pepper
- ³⁄₄ 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.