

## Modified Rice and Beans (*waakye*)



✓ Vegetarian

**Provides 7 servings.** Preparation time is 45 minutes

### Ingredients:

240g (1 cup) Cooked red kidney beans OR 1 tin of red kidney beans in water (drained)

160g Basmati or Thai rice (or brown rice)

240g (1 cup) Cooked adzuki beans OR 1 tin of adzuki beans in water (drained)

240g (1 cup) Cooked black eyed beans OR 1 tin of black eyed beans in water (drained)

Waakye leaves (sorghum leaves) or its powder, optional

1 Litre water

### Preparation method:

*Cooking of the beans (if not using canned ones)*

Using a large pot, wash and soak the beans in water overnight or 4 hours and drain. Add water to the beans in the pot and cook on medium heat for 30 to 45 minutes. Reduce the heat, wash and add the *waakye* leaves (if using) and simmer for another 30 minutes or until the beans are tender. *Alternatively, cook the beans and waakye leaves in a pressure cooker for 20 to 25 minutes.*

Rinse the rice in a separate bowl until the water is clear and then drain. Add the rice to the beans in a cooking pot, stir and mix with the rice. Add enough warm water to just cover the rice and cook on medium heat for about 15 to 20 minutes. Cover the pot and simmer on low heat for about 15 minutes or until the rice is cooked and fluffy. *Alternatively, cook the mixture of the washed rice, boiled beans and water in a rice cooker.* Serve with stew (meat or fish) or *shito* (spicy Ghanaian sauce).

### Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	115kcal/484kJ
Total Fat (g) of which saturated fatty acids (g)	0.7 0.1
Carbohydrates (g) of which sugars (g)	17 0.5
Dietary fibre (g)	7.5
Protein (g)	7
Salt (g)	0.03

Each 126g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
610kJ 145kcal	0.8g	0.2g	0.6g	0.37g
7%	1%	1%	1%	6%

of an adult's reference intake