

A little collection of recipes I've accumulated over time. Future additions will include the stracciatella with pasta that I've lost, and minestrone.

### *Black beans & rice*

*1 tbsp olive oil*

*1 onion, diced* Sauté in oil until translucent.

*15 oz. canned tomatoes  
with green chilis*

*1 cup white rice*

*2 cups vegetable broth*

*1 tsp. cumin* Add tomatoes, rice, vegetable broth, and cumin. Bring mixture to boil, then simmer covered until rice is done.

*Modification* For some extra vegetables, a can of corn should also work well.

*15 oz. canned black beans* Rinse beans, then mix in and serve.

### *Pasta e ceci*

*1 tablespoon olive oil*

*1 onion, diced*

*1 carrot, diced*

*1 stalk celery, diced* Sauté in oil until onion is translucent.

*4 cloves garlic* Add garlic, allow to cook briefly without burning.

*4 cups vegetable broth*

*15 oz. canned diced  
tomatoes*

*15 oz. canned chickpeas*

*1 tbsp rosemary* Add broth, tomatoes, drained and rinsed chickpeas, and rosemary. Bring to a boil, then simmer for 10 minutes.

*1 cup small pasta* Add pasta, cooking at low boil for slightly longer than package time. Stir occasionally to prevent sticking. Remove from heat and serve.

### *Red beans and rice*

*Hint* All seasonings are done as heaping spoonfuls. Mince a full cayenne pepper for extra heat.

*1 lb. dried red kidney beans* Soak beans overnight in twice their volume of water.

*2 tbsp. olive oil*

*1 green bell pepper*

*2 stalks celery*

*1 onion* Dice vegetables, then sauté in oil until softened.

*2 tbsp. minced garlic* Add garlic, cooking briefly but not burning.

*6 cups water* Add water to pot, along with vegetables.

*1 tsp. Cajun seasoning*

*1 tbsp. parsley*

*2 bay leaves*

*1/4 tsp. sage*

*1/4 tsp. cayenne pepper*

*1 tsp. thyme*

*1/4 tsp. oregano* Add all seasonings. Bring to a boil, then reduce to low simmer for a few hours. Cover for part of this to reserve water. When beans begin to soften, mash some with the back of a spoon to thicken the mixture.

*2 cups white rice*

*1 lb. andouille* Slice sausage and add to pot, and cook for 30 minutes. Cook rice separately, serving beans over rice.