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doctor ramanathan's brown rice, red beans and green salad

serves 4

ingredients:

for the rice:

1 cup brown rice
3 cups water
1 onion, chopped
1 tablespoon olive oil

Saute onion in olive oil 2 minutes. Add rice and saute 2 more minutes.
Add water, bring to a boil, then cover, lower flame and cook for 40 minutes

for the red beans:

1 cup red beans soaked over night, 2 cups water, 1 onion, chopped, salt to taste. Cook beans for 2 hours, covered. Add salt to taste.

See salad section for green salad recipes.

