

Flexible Vegetarian (or not) Dish

From Pat Clark

This recipe allows for many substitutes, even adding ground meat if not needing it to be vegetarian. And also the amount of each item need not be strictly adhered to.

The cans below are about 15 oz – they all vary in size listed on the can.

Basic recipe:

1 – 2 Tbls olive oil

½ to ¾ cup chopped onion

4 – 6 garlic cloves depending on your taste

About 1 Tblsp cumin

About 1 Tblsp basil

About ½ Tblsp ground coriander

1 can diced tomatoes w/ zesty jalapenos (Del Monte makes this or use the mild green chilies). You need the 'kick' these flavored tomatoes add.

½ teaspoon sugar

1 can black beans, drained and rinsed

1 can corn, drained (frozen corn works even better – use about a can's worth)

1 cup farro /or 1 cup brown rice /or 1 cup quinoa /or 1 lb ground beef

¼ – ½ Cup black olives, sliced

¼ – ½ Cup cheese (use cheddar, or mozzarella – either works as well as the other, but the mozzarella will be stringy.)

Cook farro (ratio of 1 cup farro to 3 cups water for a half hour until tender then drain), or quinoa or brown rice following the recommended recipe if not using ground beef.

In large skillet, saute onions and garlic in olive oil about 5 minutes. Add the spices and saute for less than a minute to make fragrant. If using ground beef, add it now and cook through.

Add tomatoes, beans, corn. Sprinkle the sugar on top to cut the acidity of the tomatoes. Add farro or rice.

Stir well and cook for at least 10 minutes to meld the flavors.

When almost ready to serve, add the cheese and olives and mix in until cheese is melted.

Substitutes: Great for using up leftover rice. Even if you made it with ground beef you can add any of the other grains.