



Empanadas de queso con frijoles

Cheese Empanadas With Beans

Recipe from Colombia: Makes 6–8 empanadas

INGREDIENTS

Empanadas

- 2 c flour
- 2 T vegetable shortening
- 1 t baking powder
- 1 c cold water mixed with 1 t salt
- 12 oz queso fresco or farmer's cheese, shredded
- 4 T fair trade olive oil

Beans

- 2 16-oz cans of kidney beans, drained
- 1 onion, diced
- 1 red bell pepper, chopped
- 1 t cumin
- Cilantro (for garnish)

INSTRUCTIONS

Empanadas: Mix flour, shortening, baking powder and salted water. Knead until combined. On a floured surface, form dough into a roll. Cut into 6 to 8 equal pieces, flattening each to 5 inches in diameter. Place about a tablespoon of cheese on one half of the circle, fold the other half of the dough over the cheese and seal the edge. Repeat with remaining pieces.

Heat oil in a pan. Cook each side of empanada until browned. Remove from pan and place on a paper towel to absorb the extra oil. Repeat with the other pieces of dough.

Beans: In a separate pan, sauté the onion and bell pepper in oil. Add the beans and cumin; heat until warm. Garnish with cilantro.



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Kao phiak sai tua leuang

Rice and Lentil Mash

Recipe from Laos: Serves 4-6

INGREDIENTS

- 1½ c rice
- 1½ c lentils
- 5 c water
- 1 bunch spring onions, chopped
- 6 cloves garlic, minced
- 4 eggs, whisked
- Salt and pepper to taste
- 2 T fair trade olive oil
- Parsley (to garnish)

INSTRUCTIONS

In a large pot, cover lentils and rice in water and soak for 10-15 minutes. Next, bring water to a boil, reduce heat to medium and cook until water is absorbed, about 20 minutes.

In a separate pan, sauté garlic and onions in oil until translucent, then add to the rice-and-lentil mixture. Season to taste. While stirring, slowly pour whisked eggs into the rice-and-lentil mixture; the egg should spread out in “ribbons.” Add parsley to mixture or as garnish to each plate. Serve hot.



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Kawunga

Cornmeal With Beans

Recipe from Rwanda: Serves 4-6

INGREDIENTS

- 3 ½ c cornmeal
- 4 c water
- ½ t salt
- 1 16-oz can of beans
- 1 onion, diced
- 1 tomato, chopped

INSTRUCTIONS

Cornmeal: Boil water in a saucepan, and then stir in cornmeal and salt. Mix for 5-7 minutes or until the water is absorbed. Add more water as necessary to reach desired consistency. Stir often to prevent burning.

Beans: Sauté the onion and tomato, and add the beans to the vegetables, including some of the bean broth.



Sopa de frioles con chayote y arroz

Bean Soup With Chayote Squash and Rice

Recipe from Honduras: Serves 4-6

INGREDIENTS

- 1 onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 2 T fair trade olive oil
- 3 15-oz cans red beans, drained
- 2 c water
- 1 vegetable bouillon cube
- 1 yellow chili, seeded and minced
- 1 jalapeño, seeded and minced
- 1 15-oz can diced tomatoes with liquid
- Juice of 1 lime
- 2 chayote squash, peeled, seeded and cut into cubes (may substitute yellow squash or zucchini)
- Fresh cilantro
- 4 c cooked white rice

INSTRUCTIONS

Sauté onion, bell pepper and garlic in oil until translucent. Add beans, water and bouillon, and heat thoroughly. Add yellow chili, jalapeño, tomatoes, lime juice and chayote, and simmer on low for about an hour. Add cilantro and serve over rice.



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Vary amin'anana

Greens With Rice

Recipe from Madagascar: Serves 4-5

INGREDIENTS

- 2 T fair trade olive oil
- 1 small onion, diced
- 1 medium tomato, diced
- 1 clove garlic
- 1 t fresh ginger, minced
- 3 c packed collard greens or kale
- 1 c rice
- 2 c water
- Salt and pepper to taste

INSTRUCTIONS

Heat oil in medium-sized pot. Add onion, tomato, garlic and ginger, and sauté until just tender. Add collard greens or kale, and stir 1 minute. Add rice, water, salt and pepper. Bring to a boil. Cover and cook on medium heat for 25 minutes or until water is absorbed.