

STU P ED'S ONE BOWL MEAL #000

Well, if you have read more than one of these recipes, you know that they generally take a good bit of time and effort. In fact, I was thinking of the next cook book being either “How to Waste Time Cooking” or “Why Dave Will Never Make it in the Restaurant Business”. This one is actually different.

I think it was, maybe, 4 days ago that I had another one of those pacing my house trying to figure out what to eat for dinner episodes. It came to “For Unlawful Carnal Knowledge it, I’ll just grab a couple of cans and see what happens”. About an hour later I had a meal and it was surprisingly simple, but surprisingly good! Most of this time was just waiting too. This one is a blank slate too, so while great on its own, you can tweak, add, etc to your heart’s content!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	15.5 Oz Can	Dark Red Kidney Beans (Low sodium or unsalted)
1	14.5 Oz Can	Peas and Carrots (Low sodium or unsalted)
175	ml	Basmati
1	TBSP	Land o’ Lakes Salted Butter
1	TSP	Morton’s Kosher Salt
AR	-----	Seasonings of Choice

OK... why 175 ml? Well, that is the volume of my rice cooker measuring cup. The manual says ~180, but I measured it an 175 ml is a better fit

Don’t have or like basmati? No problem! Any white rice should do. You could do brown or wild as well, but it will take longer to cook

This would be the place where I say “Insert standard blurb about salted vs unsalted butter here”, but this is what I grabbed from the fridge and used. Worked out pretty well!

Insert standard blurb about Kosher salt here

SPECIAL TOOLS

- Rice Cooker [1]

PREPARATION

- 1) Drain the can of beans through a metal strainer into a 1 qt. measuring cup. Cover with a saucer
- 2) Drain the can of peas and carrots through a metal strainer into a 1 qt. measuring cup. Cover with a saucer
- 3) Measure out 175 ml of dry rice and add to rice cooker [ii]

- 4) Add water to the appropriate level and set to the appropriate setting [iii]
- 5) Once the rice is done, add one TBSP of butter and close the lid to let melt [iv]
- 6) Stir in 1 TSP of Kosher salt until butter and salt are evenly incorporated throughout the rice
- 7) Put the rice in a glass bowl and stir in the peas and carrots and kidney beans until well incorporated
- 8) Return the mix to the rice cooker on warm to heat the beans and veggies [v]
- 9) Bowl
- 10) Enjoy!!!

CLOSING THOUGHTS

I am not 100% sure, but I think this is one of those “Hey, WOW!” epiphany moments. Stupid simple, not a lot of effort, but is pretty good! You’ll notice that I did not add any seasoning other than the salt. I REALLY don’t think it needed anything else, but with all things cooking, season to taste.

NOTES

- i. They are stupid cheap and are really good at their job. I just wish I had this epiphany sooner. However, stovetop will do as well; it will just take a bit longer and you’ll have to pay attention to it
- ii. Notice something missing? I did not rinse the rice this time. I wanted something quick so I skipped this step and it worked out pretty well!
- iii. For my rice cooker, this is “Normal” and it takes 43 minutes
- iv. It should not take too long; only a few minutes, if that long
- v. I honestly skipped this step, and it worked out fine, but I was HUNGRY!

PICTURES









