



Rice & Black Bean Burritos

Serves 5 Prep 20 minutes Cooks in 15 minutes

- 2 Tablespoons EDEN Extra Virgin Olive Oil
- ½ cup onion, diced
- ½ cup green bell pepper, diced
- 1 can, 15 oz. EDEN Rice & Caribbean Black Beans or any EDEN Rice & Beans
- 1 can, 16 oz. EDEN Refried Black Beans
- ½ cup organic salsa
- 5 leaves romaine lettuce, whole or shredded, or any leaf lettuce
- 1 avocado, pit removed, peeled, sliced
- 10 organic whole wheat tortillas

Preheat oven to 300°. Place tortilla shells in a tortilla warmer or covered casserole dish. Heat until warm.

Heat oil in a large skillet and sauté onions and green peppers for 1 to 2 minutes. Add the rice & beans and refried beans. Mix thoroughly, cover, reduce the flame to low and cook until hot, stirring frequently.

Place an equal amount of the rice and bean mixture on each warm tortilla shell. Top each with salsa, lettuce and 2 or 3 slices of avocado, or any other favorite toppings. Roll up and serve.

Per serving 505 Calories, 18g Fat (32% calories from fat), 14g Protein, 72g Carbohydrate, 12g Fiber, 0mg Cholesterol, 675mg Sodium



Mushroom Risotto

Serves 7 Prep 20 minutes Cooks in 10 minutes

- ½ cup EDEN Sliced Shiitake Mushrooms
- ½ cup EDEN Maitake Mushrooms
- 1 cup water
- 1 Tablespoon EDEN Extra Virgin Olive Oil
- 1 clove garlic, minced
- ½ cup onions, small diced
- ¼ cup red bell pepper, small diced
- 2 cans of 15 oz. EDEN Rice & Garbanzo Beans
- 2 pinches EDEN Sea Salt
- ⅛ teaspoon freshly ground black pepper, or to taste
- ¼ teaspoon dried or fresh basil, minced

Place shiitake, maitake, and water in a small saucepan and bring to a boil without a cover. Reduce the flame to medium and simmer about 7 minutes or until all of the water has evaporated and the mushrooms are tender.

When mushrooms are almost ready, heat the oil in a medium saucepan and sauté the garlic and onions for 1 minute. Add the red pepper and sauté another minute. Add the mushrooms, rice and garbanzo beans, black pepper, and basil. Cover and heat over a medium-low flame until the rice is hot, about 5 minutes or so.

Per serving 133 Calories, 2g Fat (12% calories from fat), 5g Protein, 29g Carbohydrate, 7g Fiber, 0mg Cholesterol, 162mg Sodium



Very Easy Samosa (Indian stuffed fried pastry)

Serves 8, 4 per person Prep 30 minutes Cooks in 15 minutes

- 1 can, 15 oz. EDEN Curried Rice & Lentils
- ½ cup organic raisins, or EDEN Dried Cranberries or EDEN Dried Wild Blueberries
- 32 won-ton wrappers
- 16 oz. EDEN Safflower Oil, for deep frying samosa

Place the rice and lentils in a bowl with the raisins and mix. Take a won-ton wrapper and place 1 heaping teaspoon of rice filling in the center of the wrapper. With cold water, moisten the edges of the wrapper. Take one corner of the wrapper and fold it over the filling to the opposite corner and press firmly to seal the filling inside the wrapper forming a pyramid shaped pastry. Repeat until all wrappers are filled.

Heat oil in a deep fryer or heavy pot. When hot deep fry several samosa at a time until crisp and golden brown. Remove and drain on paper towels. Serve with chutney, sweet and sour, spicy mustard, curry, plum, or raisin sauce.

NOTE: Phyllo dough or puff pastry dough may be substituted for won-ton wrappers.

Per serving 241 Calories, 15g Fat (46% calories from fat), 5g Protein, 34g Carbohydrate, 1g Fiber, 0mg Cholesterol, 267mg Sodium



Rice & Bean Burgers

Serves 12 Prep 40 minutes Cooking in 15 minutes

- 1 can, 15 oz. EDEN Rice & Kidney Beans or any EDEN Rice & Beans
- 1 can, 15 oz. EDEN Rice & Pinto Beans or any EDEN Rice & Beans
- 2 cups organic whole wheat bread crumbs
- ½ cup onions, small diced
- ½ cup red bell pepper, small diced
- 1 clove garlic, finely minced
- ⅓ cup organic sweet corn, fresh or frozen
- 2 Tablespoons fresh parsley, minced, or 1 Tablespoon dried parsley
- 3 to 4 Tablespoons EDEN Extra Virgin Olive Oil, for frying burgers

Mix all ingredients together, except the oil, in a bowl, cover and set aside for 30 minutes allowing the bread crumbs to absorb moisture from the rice and vegetables, firming up the mixture.

Heat 1 tablespoon oil in a cast iron skillet, heavy stainless steel skillet or a griddle. Take a handful of the rice mixture and form a ball, then flatten slightly forming a round, thick burger. Place in the hot oil. Form 3 more burgers and place in the skillet. Cook over medium heat until a crispy, brown crust forms on the bottom of the burgers. Flip over and cook until browned and crispy. Remove, and repeat the process until all

the burgers are done, adding oil to the skillet as needed.

Serve as is, with EDEN Mustard, on a bed of lettuce with your favorite salsa, or on a whole wheat bun with your favorite toppings. Yields 12 burgers

Per serving 169 Calories, 5 Fat (27% calories from fat), 5g Protein, 27g Carbohydrate, 4g Fiber, 0mg Cholesterol, 224mg Sodium



Satisfying Soups & Stews

Mix EDEN Rice & Beans with a variety of fresh vegetables, EDEN tomatoes, water or stock, tweak the seasonings, and simmer until the vegetables are tender.



Ten ready-to-serve varieties



Rice

Beans

Complete Protein

Food more comforting than rice and beans is rare. They represent simple good things that go hand in hand. Rice and beans deeply satisfy, providing fundamental nourishment of complete protein, complex carbohydrates, healthy fiber, and precious vitamins and minerals.

Rice and bean dishes grace nearly every corner of the world, notably in Latin America where such meals have been culturally central for hundreds of years. The Portuguese took rice to Brazil, and the Spanish introduced it throughout the Caribbean. As cultivation expanded in Central and South America and up the Mississippi River, tasty dishes were created made with treasured local seasonings that eventually became defining to each region.

Inspired by traditional recipes, Eden crafted the first and only precooked organic brown rice and beans in a can. The ten versions range from spicy to mild. All are gluten free and perfectly cooked, requiring just minutes to serve, or to use creatively in so many ways in your recipes.

Spice

Cooked to Perfection

EDEN Organic Rice & Beans are U.S.A. family farm organic EDEN beans and Lundberg organic short grain brown rice with 100% organic vegetables, herbs, and spices, including a pinch of EDEN Sea Salt. Eden selected ingredients are prepared at our certified organic, kosher cannery. Beans are soaked overnight, blanched, and combined with rice and seasonings before cooking.

BPA Free Cans

Since April 1999 EDEN beans come in custom made cans lined with an oleoresinous c-enamel that does not contain the endocrine disrupter bisphenol-A (BPA). Oleoresin is a mixture of oil and resin extracted from plants such as pine or balsam fir. Eden Foods pays the 14% premium to avoid BPA because we are worth every penny of it.

**BPA
FREE
Lining**

**Gluten
FREE**

Quick Homemade Fare

With EDEN rice & beans in your pantry it's easy to make wholesome meals in minutes. Just heat, stir, and serve. Add some seasonings for quick burritos by spooning onto a tortilla with vegetables and salsa.

- U.S.A. family farm rice and beans, organic staples already cooked
- Pantry essential - fast and easy soups, stews, burritos...
- Gluten free
- Low sodium offerings
- Bisphenol-A (BPA) free cans
- Eden pure & purifying
- ♻️ pareve



Ten Offerings Six Ethnic Seasoned

Cajun Rice & Small Red Beans
Caribbean Rice & Black Beans
Curried Rice & Lentils
Mexican Rice & Black Beans
Moroccan Rice & Garbanzo Beans
Spanish Rice & Pintos Beans

Four Lightly Seasoned

Brown Rice & Chick Peas
Brown Rice & Kidney Beans
Brown Rice & Green Lentils
Brown Rice & Pinto Beans



Over 1,100 free recipes at
edenfoods.com

Eden Foods • Clinton, Michigan 49236
888-424-3336 ©2012 Eden Foods M/030812 05759



EDEN® Rice & Beans

**Lundberg™ Organic
Short Grain Brown Rice
& Eden® Organic Beans
& Seasonings**



Heat, Stir, & Serve
The Best - Now in just Minutes