

Rice & Bean Stuffed Peppers

Serves 5 Prep 1 hour Cooks in 20 minutes

2-15 oz cans EDEN Mexican Rice & Black Beans or EDEN Spanish Rice & Pinto Beans

5 medium bell peppers, any color
2 tsp EDEN Extra Virgin Olive Oil

1 medium onion, diced
1 cup organic sweet corn, fresh or frozen

2 cups EDEN Crushed Tomatoes with Onion, Garlic & Basil

½ cup cold water

1 tsp EDEN Sea Salt



Place rice and beans in a mixing bowl. Remove the tops from the peppers and discard the seeds. Blanch whole peppers and tops in a pot of boiling water for 5 minutes. Remove and drain. Heat oil in a medium skillet and sauté the onion for 3 to 4 minutes, add the sweet corn and sauté 1 to 2 minutes. Place onions and corn in a mixing bowl with the rice, and mix.

Preheat oven to 400°F. Stuff the peppers with the rice mixture and place in a casserole dish. Place the tops on the peppers. Combine crushed tomatoes, water, and salt. Pour into the dish.

Cover the dish and bake 45 minutes to 1 hour or until the peppers are tender.

Remove pepper tops to brown for the last 15 minutes. Spoon the warm tomato sauce over the peppers just before serving.

Soothing Soup and Stew

Mix EDEN Rice & Beans with fresh vegetables, EDEN Tomatoes, water or stock. Season and simmer until vegetables are tender.

Cajun Red Beans & Rice Burritos

Serves 5 Prep 10 minutes Cooks in 20 minutes

10 organic flour tortillas, 8 inch

2 Tbsp EDEN Extra Virgin Olive Oil

½ cup onion, diced

½ cup red bell pepper, diced

1-15 oz can EDEN Cajun Rice & Small Red Beans

1-15 oz can EDEN Refried Kidney Beans

½ cup organic salsa

1 cup romaine lettuce, shredded

1 avocado, optional



Preheat the oven to 300°F. Place the shells in a tortilla warmer. Heat until warm.

Heat the oil in a skillet. Sauté onions and red peppers for 1 to 2 minutes. Add rice and small red beans, sauté another 5 minutes. Add the refried beans and mix. Cover, reduce the flame to low. Cook until the rice and beans are hot, stirring frequently to prevent burning.

When the shells, rice, and beans are hot, place an equal amount on each tortilla. Top with equal amounts of salsa, lettuce, and avocado.

Roll up and place on individual serving plates.

Very Easy Samosa (Indian stuffed fried pastry)

Yields 32 samosa Prep 30 minutes Cooks in 15 minutes

1-15 oz can EDEN Curried Rice & Lentils

½ cup organic raisins, EDEN Dried Cranberries or EDEN Dried Wild Blueberries

32 wonton 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 wonton 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 wrap, forming a pyramid. Repeat until all the wraps are filled.

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

Note - Phyllo dough or puff pastry dough may be substituted for wonton wrappers.

Rice & Bean Patties

Serves 12 Prep 40 minutes Cooking in 15 minutes

1-15 oz can EDEN Rice & Kidney Beans or any EDEN Rice & Beans

1-15 oz can EDEN Rice & Pinto Beans or any EDEN Rice & Beans

2 cups organic whole wheat bread crumbs

½ cup onions, small diced

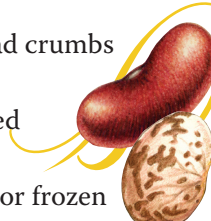
½ cup red bell pepper, small diced

1 clove garlic, finely minced

⅓ cup organic sweet corn, fresh or frozen

2 Tbsp fresh parsley, minced or 1 Tbsp dried parsley

3 to 4 EDEN Extra Virgin Olive Oil, for frying



Mix the ingredients together in a bowl, except the oil, cover and set aside for 30 minutes to allow 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 patty. Place in the hot oil. Form 3 more patties and place in the skillet, cook over medium heat until a crispy, brown crust forms on their bottom. Flip over and cook until browned and crispy. Remove, and repeat the process until all the patties 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 burger bun with your favorite toppings. Yields 12 patties.

Free Recipes
The EDEN Recipe App





- Pure, natural food satisfaction - protein, complex carbs, vitamins, minerals, antioxidants, phytonutrients, healthy fats, and fiber
- All Eden organic ingredients
- Quick meals - no compromise, ready in minutes
- Prepared at the EDEN Indiana cannery
- BPA, BPS, and phthalate free cans
- ♻️ pareve Gluten Free



Nine Varieties Spicy to Mild

Traditional Seasoning

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

Unseasoned Delicious

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

Free recipes & more at –
edenfoods.com

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Excellent Protein

Rice & Beans – satisfying comfort food. They soothe, center, and nourish with complete protein, complex carbs, and an array of essentials. Organic EDEN Rice & Beans do this best.

Rice & Beans dishes grace many tables. The Portuguese took rice to Brazil. Spain seeded rice in the Caribbean. Rice cultivation moved up the Mississippi River. Native and new beans came north with the rice. Latin Americans have had rice & beans central in their societies for hundreds of years. Local dishes were created with seasonings on hand. They became identifiable flavors of those cultures.

Inspired by their traditional recipes, Eden Foods prepared the first precooked organic brown rice & beans in a can. The nine versions range from spicy to mild. All are gluten free, take just minutes to prepare and serve, and spark creativity as serving them is planned.



Made Right with Best Ingredients

EDEN Rice & Beans – USA family organic Lundberg short grain brown rice, EDEN Beans, EDEN organic herbs, spices, and vegetables with a pinch of EDEN Sea Salt. Eden ingredients prepared at our own organic cannery. Beans are soaked overnight and then combined with the rice and seasonings before cooking.



BPA, BPS, & phthalate free

People and pure food deserve the purest packages possible, so Eden Foods pioneered BPA free cans. Since early 1999, EDEN Beans and EDEN Rice & Beans have used cans lined with a BPA, BPS, and phthalate free coating; long before most people became aware of these ubiquitous problems.



Quick Homemade Fare

Meals in minutes from the pantry. Half and half EDEN Rice & Beans and Refried Beans are a perfect burrito / taco filling. Just add toppings.

Ready to Serve Rice & Beans



Cajun Red Beans & Rice Burritos



Lundberg® Short Grain Brown Rice, EDEN® Beans and organic seasoning