

Simplicity Plus Eating

I call this recipe "Simplicity Plus Eating." It's very nutritious. All the essential ingredients are present for good health. Our bodies crave good nutrition for proper functioning. Our taste buds may crave much better tasting delights but as David Kessler (former head of the FDA) says, "The food industry has hijacked our brains" meaning that American's taste buds have been duped by artificially enhanced flavors in "manufactured" foods.

You will notice that it has two legumes, two grains, fat, vegetables, proteins, which in combination provide the full scope of the body's needs. Even as a vegetarian dish it provides a complete protein due to the combination of rice and beans. The dish is open to wide variations in the contents and amounts of each ingredient. In an eight quart kettle the combination could be something like this:

1/4 C + - oil or fat

1-2 C chopped onion sautéed

Garlic - to taste

Some type of cooked protein if desired - chicken, pork, beef, canned salmon (preferably Alaskan to avoid mercury)

4 - 8 C lightly cooked vegetables preferably from the garden

1 C lentils

1 - 2 C beans (Pinto beans may be the least expensive)

1 C brown rice

1 C barley

Cooked pasta (optional)

4 - 6 C tomato sauce (preferably from fresh tomatoes)

2 - 3 C broth (optional but preferably without msg)

Spices/salt - to taste

If the lentils and barley are not too old they can be brought to a boil together if soaked from 4 - 6 hours ahead of time (saving electricity). The brown rice may need extra simmer time after soaking. The beans need to be brought to a boil twice (cooled in between). Depending on the type and age of beans a time of simmering may be necessary (wrapping the kettle well in a blanket or heavy towel after boiling ceases usually means no extra simmer time). Combine all ingredients and bring to a light simmer. Let simmer a bit if some ingredients need more time.

If all the ingredients don't fit in the kettle, some or all of the legumes and grains can be stored separately in the refrigerator and added at each meal. Whatever is not consumed in a few days can be frozen for future meals saving meal preparation time.