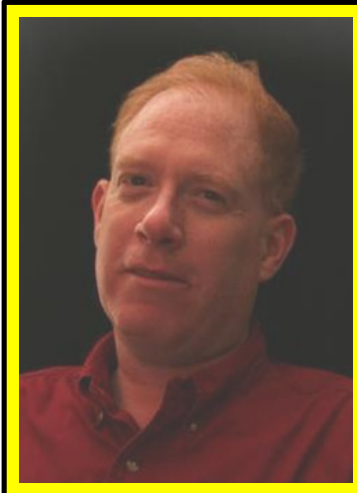


# Neil Yoskowitz's Easy Vegan Beans & Rice



**Neil Yoskowitz** is a Society of PEACE member and also serves on the Board of the **San Francisco Vegetarian Society** ([www.SFVS.org](http://www.SFVS.org)). This month he shares a favorite vegan potluck recipe for **Easy Vegan Beans & Rice** from his fellow SFVS Board member & President, Dixie Mahy.

Neil has lived vegetarian since the 1980's. He's been on the Board of the San Francisco Vegetarian Society for several years now. In addition, he's also served on the **World Veg Fest** Committee ([www.sfvs.org/wvd](http://www.sfvs.org/wvd)), helping produce one of the largest annual Vegetarian festivals in California.

Besides doing outreach in the Bay Area fitness community, Neil moderates several Veg message boards on YahooGroups.com.

The message board groups include: <http://health.groups.yahoo.com/group/Veggies-United>, SFVS' <http://groups.yahoo.com/group/SFVeg>, and the fitness-related [http://groups.bodybuilding.com/veggies\\_united](http://groups.bodybuilding.com/veggies_united).



## Easy Vegan Beans & Rice

(Courtesy of Dixie Mahy)

### Ingredients:

- 4 cups of water
- 2 cups brown rice, rinsed
- 1 onion, chopped
- 3 cups cooked or canned kidney beans
- 1 cup cooked or canned aduki beans
- 1 jar of your favorite tomato sauce (or as much as you like)
- 3-4 TBS cumin (add more if you like strong chili flavor)
- Braggs amino acid or salt to taste
- 2 or 3 bags frozen corn kernels (depending on how much you like)
- \*Optional: Add cooked Vegan "ground round" crumbles

### Directions:

Bring rice & water to boil, then simmer about 30 minutes, or until water has been absorbed. When rice is almost finished, add in onion, beans, tomato sauce, cumin, Braggs amino acids and corn. Stir and serve.

