

### HOW TO COOK RICE

Rice (measure how much you have)

Must-boil water – 2x amount of rice

- Pour the rice and water into the pot. Keep at least one cup of water available to add later if necessary.
- Put rice on high heat and cover. Stir occasionally to prevent the rice from sticking or boiling over.
- Cook until rice is soft. This will probably take around 20 minutes. Remove from heat.

### HOW TO HEAT UP QUINOA

Quinoa – whatever you have (measure it)

Must-boil water – 1x amount of quinoa

- Put quinoa and water into saucepan & bring to a boil.
- Let it cook for a few minutes.
- Drain water.

OR Add it to another dish!

### FRIED RICE & VEGETABLES

Rice\* – cook it first, then drain the water out

Veggies – whatever you have (not potatoes)

Salt & seasonings – whatever you have

Garlic – 1-2 cloves

Eggs – 1 or 2

Cooking oil – enough to coat a frying pan

- Cook the rice first. Do this before anything else.
- Chop veggies and garlic.
- Pour just enough cooking oil to coat the bottom of frying pan, about 1 inch deep. Heat oil.
- Fry veggies in oil.
- Add chopped garlic for more flavor.
- Once rice is done cooking, drain water. Add rice\* to frying pan and mix in with oil, veggies and garlic. Add more oil if necessary to keep rice from burning.
- When rice starts to brown, add eggs. Fry a minute or two until eggs are cooked.
- Season to taste.

\* Feel free to substitute quinoa for rice. The quinoa is already cooked, so you just have to add it to the veggies in the frying pan.

### POTATO CURRY

Potatoes – whatever you have

Cooking oil – 2 Tbsp

Garlic – 1 clove peeled & finely chopped

Onion – ½ onion chopped

Ginger – 1 tsp

Turmeric – 1 tsp

Coriander – 1 tsp

Yogurt – ½ cup (optional)

Salt to taste

- Put oil into frying pan, coating pan with wooden spoon.
- Hold pan over heat for 10-15 seconds to heat oil.
- Add garlic, onion, ginger, turmeric, salt and coriander, stir and place back on fire.
- Sauté onion and garlic in the oil until onions seem softened through.
- Add potatoes. Stir for 30-60 seconds over heat. Cut potatoes into smaller pieces with spoon if necessary.
- Remove from heat.  
If possible, serve with rice or quinoa.

### NAVAJO FRY BREAD

Cornmeal – 2 ¼ cups

Baking powder – 1 tsp

Milk – ¼ cup

Water – ¾ cup

Salt – ¼ tsp

Cooking oil

- Knead ingredients together with your hands. Pat or roll it into small blobs about 5 inches in diameter. Make a small hole in the center.
- Pour enough cooking oil to coat the bottom of frying pan, about 1 inch deep. Heat oil.
- Fry blobs in hot oil. Dough will puff and bubble. Use a fork to turn blobs over when they are golden brown.
- Serve hot or use like a tortilla with other food.

## **POLENTA**

Cornmeal – 1 ½ cups

Milk – 1 cup (can substitute with water)

Salt – pinch

*Optional* – Potatoes, onions, carrots, garlic, or other veggies you may have. Root vegetables work best.

- Chop veggies & garlic. Put in 1 cup water and cook until almost done (mostly soft).
- In another bowl, mix milk & cornmeal. Stir until uniform.
- When veggies are done, take them out of water and set them aside.
- Spoon cornmeal mixture into boiling water. Add salt. Whisk until smooth.
- Simmer on low heat, about 10 minutes or until thick.
- Add chopped veggies if desirable.

Add garlic, basil, or seasonings to taste.