

# raspberry chipotle black beans over rice & kale /

serves 2

## organic ingredients /

$\frac{1}{2}$  cup rice

1 cup water

approx. 2 heaping cups of kale

1 clove garlic, minced

$\frac{1}{4}$  cup sliced almonds, roasted

1-2 chipotle peppers in adobe sauce

2 Tbsp water

$\frac{3}{4}$  cup raspberries

1 tsp. grade B maple syrup

$\frac{1}{4}$  tsp. sea salt

1  $\frac{1}{2}$  cups cooked black beans



## by-hand preparation /

In a small saucepan, combine the rice, water, oil and salt. Cover and bring to a boil. Once boiling, lower heat to simmer and cook until the rice is tender. When the water is cooked down to a little lower than the rice level (or for about the last 5-10 minutes of cooking), place the kale on top of the rice so that it can steam. When rice & kale are tender and all the water is cooked out, stir together & fluff with a fork.

Put the garlic, 2 tablespoons of the almonds, chipotle peppers, water, raspberries & maple syrup in a blender and blend until smooth. If it's too thick, add a little more water.

Combine the sauce & black beans in a small pan and heat over medium low heat. Serve sauce over the rice & kale mixture.

Raspberry and chipotle is a scintillating combo! This is a quick and easy vegan recipe packed with antioxidants! It can easily be doubled or tripled, and the sauce is very versatile.