

# Homemade Almond Milk Recipe

## Ingredients:

- 1 cup whole raw almonds (unsalted, unroasted)
- 4 cups water (for blending)
- Extra water for soaking
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## Instructions –

### 1. Soak the almonds (12–24 hours)

- Place almonds in a bowl and cover with water.
- Soak for **at least 8 hours** (overnight is best).
- Drain and rinse well after soaking.

### 2. Blend

- Add soaked almonds and 4 cups fresh water to a blender.
- Blend on high for 1–2 minutes until smooth and white.

Optional: Add sweeteners (1–2 pitted dates or 1 tsp honey), vanilla ( $\frac{1}{2}$  tsp), or a pinch of salt now.

### 3. Strain

- Pour mixture through a **nut milk bag**, cheesecloth, or clean, thin towel into a bowl or pitcher.
- Squeeze to extract all the milk.

### 4. Store

- Pour into a clean bottle or jar.
- Refrigerate up to **4–5 days**.
- Shake well before each use (natural separation occurs).

### What to Do with the Almond Pulp

- Add to oatmeal or smoothies
- Dry and use in baking (cookies, muffins)
- Mix with honey and coconut for energy bites



# BEANS & RICE (Shelf Stable Ingredients)

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Beans and rice are an affordable meal, providing complete protein and fiber.

## 1. Basic Beans & Rice

1 cup instant rice  
1 (15 oz) can black or pinto beans, drained and rinsed  
1½ cups water  
½ tsp salt  
½ tsp garlic powder  
1 tbsp olive oil (optional)

### Instructions:

In a saucepan, bring water to a boil.  
Add instant rice, salt, garlic powder, and olive oil.  
Stir in beans, cover, and remove from heat.  
Let sit for 5 minutes, then fluff and serve.

## 2. Simple Red Beans & Rice (Using Cooked White Rice)

2 cups cooked white rice  
1 (15 oz) can red beans or kidney beans, drained  
½ onion, chopped  
1 tsp paprika or Cajun seasoning  
1 tbsp oil  
Salt and pepper to taste

### Instructions:

In a skillet, heat oil and sauté onion until soft.  
Add beans and seasoning. Cook 5–7 minutes until heated. Stir in cooked rice. Adjust seasoning to taste.  
Serve hot as a side or main dish.

## 3. Dried Beans & Rice (Using Soaked Beans)

1 cup dried beans (black, pinto, or red)  
4 cups water (for cooking beans)  
1 cup uncooked white rice  
2¼ cups water (for rice)  
1 tsp salt  
1 tsp cumin or garlic powder (optional)

### Instructions:

Rinse and soak beans overnight or use a quick soak method. Drain and add beans to a pot with fresh water. Simmer 60–90 minutes until tender. Cook rice separately with 2¼ cups water and salt. Simmer 18–20 minutes.  
Combine cooked beans and rice, season to taste, and serve.

## 4. One-Pot Mexican Style Beans & Rice (Using Canned Beans & Dry Rice)

1 cup uncooked rice  
1 (15 oz) can black or pinto beans, drained  
1½ cups chicken or vegetable broth  
1 cup salsa or diced tomatoes  
1 tsp cumin  
½ tsp chili powder  
1 tbsp oil

### Instructions:

Heat oil in a pot. Add rice and stir for 2 minutes. Add broth, salsa, spices, and beans. Stir well. Bring to a boil, then reduce to low and cover. Simmer 18–20 minutes until rice is cooked and liquid absorbed.  
Fluff with a fork and serve.

## 5. Slow Cooker Beans & Rice

1 cup dried beans (pinto or black), soaked overnight  
1 cup uncooked rice  
4 cups water or broth  
1 onion, chopped  
1 tsp garlic powder  
1 tsp cumin  
½ tsp chili powder  
Salt and pepper to taste

## Instructions:

Drain soaked beans and place in slow cooker. Add all other ingredients except rice. Stir well. Cook on high for 4–5 hours or low for 8 hours until beans are tender. Add rice and cook another 30–40 minutes until rice is soft. Stir and serve hot.

## 6. Coconut Rice & Beans

1 cup white rice  
1 (15 oz) can kidney or black beans, drained  
1 (14 oz) can coconut milk  
½ cup water  
1 tsp salt  
½ tsp thyme or allspice (optional)

### Instructions:

In a pot, combine rice, coconut milk, water, and salt. Bring to a boil, reduce heat and cover. Simmer for 15 minutes, then stir in beans and spices. Cover and cook 5–10 more minutes until rice is tender. Fluff and serve.

## 7. Jar Meal: Rice & Beans Mix

½ cup white rice (uncooked)  
½ cup dehydrated refried beans or freeze-dried black beans  
1 tsp dried onion  
½ tsp garlic powder  
½ tsp cumin  
1¼ cups water (for cooking)

### Instructions:

Add all dry ingredients to a mason jar or zip-top bag for storage. To cook, pour contents into a pot with 1¼ cups water. Bring to a boil, then simmer 15–20 minutes until rice is tender. Let sit covered for 5 minutes, then fluff and serve.



## Serving Options:

Roll up prepared beans and rice with cheese (optional) in a warmed tortilla.

Rollup prepared beans and rice in a leaf of lettuce.

## Freezer:

Make lunch or dinner burritos, with aluminum foil wrap up the burritos one by one and freeze. Store up to 3 months.

Freezer leftover beans and rice in an airtight container for up to 3 months. Thaw overnight and reheat with a splash of water or broth.

# HOMEMADE REFRIED BEANS (dried beans)

## Ingredients:

2 cups dried pinto beans (or black beans)  
6 cups water (for cooking)  
1 medium onion, peeled and halved  
3 cloves garlic, smashed  
1 tsp salt (adjust to taste)  
1/2 tsp black pepper  
1/2 tsp ground cumin (optional)  
2–4 tbsp lard, bacon grease, or vegetable oil (for frying)  
Optional: juice of 1 lime, chopped cilantro, shredded cheese for garnish

## Instructions:

### 1. Soak the Beans (optional but recommended):

- Rinse **2 cups dried beans** thoroughly under cold water.
- Soak overnight in a large bowl with enough water to cover by 2 inches.
- Drain and rinse before cooking.

*(Quick soak method: boil beans in water for 5 minutes, turn off heat, cover, and let sit 1 hour. Then drain and rinse.)*

### 2. Cook the Beans:

- Add **soaked beans** to a large pot with **6 cups fresh water, onion halves, and garlic**.
- Bring to a boil, reduce heat, cover partially, and simmer **1.5–2 hours**, or until very soft.
- Remove onion and garlic if desired.
- Stir in **salt, pepper, and cumin** (if using).
- Reserve 1–2 cups of the **bean cooking liquid**. Drain the rest.

### 3. Mash and Fry

- In a large skillet, heat **2–4 tbsp lard or oil** over medium heat.

- Add cooked beans and **1/2 cup of the reserved liquid**.
- Mash with a potato masher or use an immersion blender for a smoother texture.
- Cook and stir 5–10 minutes until thick and creamy. Add more reserved liquid as needed for desired consistency.
- Adjust seasoning to taste.

## Storage:

- **Refrigerator:** Store in an airtight container for up to 5 days.
- **Freezer:** Cool completely and freeze in bags or containers for up to 3 months. Thaw overnight and reheat with a splash of water or broth.

