

Narrow Margins

## Cambuulo iyo Maraq (Rice with Adzuki Beans in a Spicy Tomato Sauce)

Serves: 4

Modified from: [www.somalikitchen.com](http://www.somalikitchen.com)

**Items Needed:** cutting board, chef knife, sauce pan, large bowl, skillet, wooden spoon, measuring cups, measuring spoon

### Ingredients:

3 cups cooked long grain Basmati rice  
1 cup cooked adzuki beans or any kind of lentil (soak overnight and boil for about 20 minutes if using dried beans)  
1 14oz can of no salt added diced tomatoes  
2 tablespoons tomato paste  
1 teaspoon ground coriander seeds  
1 teaspoon ground cumin seeds  
1 teaspoon ground chilli powder or chilli flakes. You can two green chillies (diced) as a substitute.  
2 cloves of garlic, minced finely  
1 large onion, diced  
2 tablespoons sesame oil  
1 tablespoon white vinegar  
Juice of one lemon  
½ tsp salt  
1 cup water (as needed)  
Optional garnish: fresh cilantro, diced tomatoes, chopped peanuts

### Directions:

1. Combine the cooked rice and beans in a large bowl and set aside
2. Saute the onions in the sesame oil in a skillet until translucent.
3. Add in the garlic and cook for about a minute
4. Add in the diced tomato, tomato paste, cumin, coriander and chilli and cook for about five minutes. Add water to ensure the sauce doesn't dry out, if necessary. You want a thick, soupy consistency.
5. Add the white vinegar and lemon juice. Simmer over low heat for about five minutes.

### To serve

1. Serve the *cambuulo* (rice and beans) mixture in a bowl.
2. Generously spoon the tomato sauce (maraq) over the *cambuulo*
3. Add garnishes if desired and serve!

### Nutrition Information (per ¼ of the recipe):

Calories: 365 Fat: 7 g Carbs: 60 g Protein: 10 g Fiber: 6.5 g Sodium: 156 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

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