

# Herbal Legacy Recipes

## Oriental Bean and Rice Salad

Recipe submitted by Sandy Winfield

This appetizing and simple way to use leftover rice and beans is destined to become a family favorite.

### INGREDIENTS:

- 1 c cooked brown rice
- 1 c cooked chick peas
- grated fresh ginger to taste.
- one onion diced
- chopped garlic cloves to taste
- sesame oil 2 tbsp or more
- Organic soy sauce 2 tbsp or to taste.
- Freshly grated black pepper
- 2 carrots grated
- 1 fresh cayenne pepper chopped or 1/2 tsp powder
- 1 green pepper chopped
- Chopped fresh tomatoes
- Any other fresh vegetables available chopped for a salad.



### DIRECTIONS:

Mix all ingredients together and eat. Delicious!

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy