



Down Syndrome Achievement Centers
educate. inspire. believe.

GiGi's Kitchen Adult
Purposeful Programs
Friday - Middle Eastern Rice with Black Beans
and Chickpeas

Kitchen Safety Tips:

1. Put long hair up in ponytails.
2. Wash your hands:
 - a) First thing before touching any food
 - b) If you cough or sneeze into your hand
 - c) After touching raw meat (before you touch anything else)
 - d) After you touch anything greasy
3. Use knives safely
 - a) Make sure your fingers are safe
 1. Push down on the top of the knife
 2. Hold food with claws not squids!
 - b) Try to make a flat surface on your food as soon as possible
4. Keep pot handles on the stove facing away from the front.
5. Always use potholders when touching pots and pans!

Middle Eastern Rice with Black Beans and Chickpeas

Ingredients:

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 cup uncooked basmati rice
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon ground cayenne pepper
- 1 quart chicken stock
- 1 ½ pounds ground turkey
- 2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 bunch chopped fresh cilantro (Optional)
- 1 bunch chopped fresh parsley (Optional)
- ¼ cup pine nuts (Optional)
- salt and ground black pepper to taste



Down Syndrome Achievement Centers
educate. inspire. believe.

GiGi's Kitchen Adult
Purposeful Programs
Friday - Middle Eastern Rice with Black Beans
and Chickpeas

Directions:

- **Step 1**
Heat the olive oil in a large saucepan over medium heat. Stir in garlic, and cook 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir 5 minutes, then pour in chicken stock. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.
- **Step 2**
Place the turkey in a skillet over medium heat, and cook until evenly brown.
- **Step 3**
Gently mix cooked turkey, garbanzo beans, black beans, cilantro, parsley, and pine nuts into the cooked rice. Season with salt and pepper.

Cook's Note:

Ground beef, lamb, or pork may be used instead of turkey.

Nutrition Facts

Per Serving:

453 calories; protein 30.7g; carbohydrates 55.7g; fat 12.2g; cholesterol 65.4mg; sodium 1174.3mg.