

Macrobiotic Meal of the Month - April 2008

From Meg Wolff

SWEET AND SOUR PINTO BEANS

1 cup pinto beans, soaked overnight in water to cover
3 cups spring or filtered tap water
1 large onion with skin removed
1 carrot, diced
1 teaspoon tamari soy sauce (I use Eden or Mitoku brands)
1 tablespoons barley malt
1-2 teaspoons stone-ground mustard
1 teaspoon of umeboshi or rice vinegar
1 inch piece of kombu



Note: This can be easily made wheat, gluten, and/or soy free: Tamari is wheat free soy sauce. For the barley malt (it has gluten), substitute brown rice syrup, and if also soy-free, omit tamari altogether and substitute with 1/4 teaspoon of sea salt.

Drain beans, add water (3 cups or more) to cover by 1 inch. Kombu and whole onion can be added at this time.
Bring to a boil on high flame, turn down to low, simmer for 1 hour. During the last 20 minutes, add the carrot. During the last 10 minutes, add several shakes of soy sauce and barley malt.
When done, stir in umeboshi (or rice) vinegar and mustard.

BOILED BROWN RICE

2 cups organic short-grain (or jasmine) brown rice
4 cups spring water
Pinch of sea salt

Use 2 parts water per 1 part rice. Place rice and water in a pot, bring to boil over high flame. When gently boiling, add sea salt. Cover the pot with a heavy lid, lower flame, and simmer 50-60 minutes. Uncover and place rice in a separate serving bowl.

STEAMED KALE

1 bunch kale, rinsed and chopped into bite-sized pieces (stem and all)
1/2 cup spring or filtered water
pinch of sea salt
Put water, kale and a pinch of salt into a pot with a lid. Bring to a boil on high flame, turn to low and simmer for 3-5 minutes. Drain.

Enjoy! -Meg

For more recipes and information on macrobiotics please visit Meg's Website: www.becoming-whole.com, and her blog at: www.megwolff.com