

white rice
arroz blanco
riz blanc
सफ़ेद चावल
白米



Eastern Illinois Foodbank purchased this product in response to a 2020 client survey conducted on culturally relevant foods. Thanks to all who participated!

Rice can be prepared in a variety of ways:

- *Steamed* in water on the stovetop, in a rice cooker, or in a pressure cooker
- *Stir-fried* in oil or broth before boiling to create flavorful dishes like Spanish rice, paella and pilaf
- *Boiled* in excess water on the stovetop to create porridge-like consistency

Rinse your rice
with water
before cooking
to remove
excess starch!

Leftover rice can be transformed into tasty dishes!

- Fried rice
- Rice pudding
- Hearty soup... *and more!*



Eastern Illinois
FOODBANK

dry beans
frijoles secos
haricots secs
सूखी फलियाँ
干豆



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Dried beans may be preferred to canned beans because they are easily prepared low sodium.

Additionally, many people believe they are cost effective and tastier than canned beans!

Soak dry beans
overnight
to reduce
cooking time!

Prepare dry beans by boiling in water on the stove top or in a pressure cooker. Cook time varies depending on the type of bean and how firm you prefer them. Season well and enjoy!

kidney beans

frijoles

haricots rouges

राजमा

菜豆



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black beans

frijoles negros

haricots noirs

काले सेम

黑豆



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mango
mango
mangue
आम
芒果



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cilantro
cilantro
coriandre
धनिया
香菜



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corn tortilla

tortilla de maiz

tortilla de maïs

मक्के का चपटा गोल केक

玉米饼



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chorizo
chorizo
chorizo
चोरिज़ो
香肠



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coffee
café
café
काँफी
咖啡



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