

RECIPE CHECKLIST

Leftover Soul Fried Rice



Prep Time: **20 minutes**

Cook Time: **15 minutes**

Servings: 4-6

Ingredients

Ingredient	Amount	
Sesame oil	2 tablespoons	
Garlic cloves, thinly sliced	2 cloves	
Green onions, sliced thin	2 each	
Ground ginger	1 teaspoon	
Sea salt	1 ½ teaspoon	
Ground black pepper	1 teaspoon	
Red and/or green bell peppers, diced	1 cup	
Collard greens, washed and thinly sliced like ribbons (optional)	1 cup	
Cooked White or Brown Rice	4 cups	
Cooked Black eyed peas or pinto beans (optional)	1 cup	
Sriracha	1 tablespoon	

Equipment

Equipment	Amount	
Chef Knife	1	
Cutting board	1	
Large Skillet or wok	1	
Measuring cups	½ cup, 1 cup	
Measuring spoons	½ teaspoon, 1 teaspoon, 1 tablespoon	
Wooden or metal cooking spoon	1	

Heat one tablespoon of sesame oil in a large skillet or wok until hot. Add the garlic, green onions, and ginger, stir, and cook for approx. 3 minutes until tender and aromatic. Add the other 1 tablespoon of sesame oil then quickly saute the bell peppers and collard green ribbons for approx. 3-5 minutes. Add the salt, black pepper, rice black-eyed peas or pinto beans, and sriracha, stir, and cook until heated throughout. Stir constantly to keep it from burning. Plate and garnish with more green onions.

*Recipe adapted from 'The Cooking Gene' by Michael Twitty and provided by:
Chef Ederique of Gabriel Hall*