No Meat Athlete

BALTIMOREAN BEANS AND RICE (adapted)

Basic Beans and Rice Recipe

- 1 cup dry brown rice
- 1 can drained and rinsed beans, or 2 cups cooked
- 1 onion, chopped
- 1 clove garlic, minced
- 1/4 cup sherry, white wine or veg broth

Cook the brown rice according to package directions or follow the recipe here. Add the liquid to a large pan; turn heat to medium and sauté the onion for 5 minutes. Add the garlic and sauté for an additional 5 minutes. Stir in the beans and heat through. Add salt and pepper to taste. Serve with rice.

Baltimorean Beans and Rice

Use Black-Eyed Peas as the beans in the basic recipe, as well as:

- 2 cups chopped kale
- 2 tsp cider vinegar
- 2 tsp vegan Worcestershire sauce
- 1/2 cup frozen corn, thawed
- 1 tsp Old Bay, or Chesapeake-style seasoning

Sauté the kale with the bean and onion mixture for a few minutes until wilted (add liquid as needed). Add the cider vinegar, Worcestershire sauce, and corn, heat through. Sprinkle rice with the Old Bay seasoning. Add salt and pepper to taste.

This recipe works great for leftover lunches; stuff inside a whole wheat tortilla and you're good to go.

Note: You can apply any local flavor to beans and rice.

BONUS: Homemade Old Bay Seasoning (from the kitchn)
*(Note: reduce or leave out hot paprika and cayenne if you don't like heat)

- 1 tablespoon celery salt
- 1 tablespoon hot paprika*
- 1 tablespoon smoked paprika
- 1 1/2 teaspoons mustard powder
- 3/4 teaspoon cayenne pepper*
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/4 teaspoon ground bay leaves
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg

BROWN RICE

1 cup brown rice and 2 2/3 cup water

In a medium-large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily. For a larger batch, you can cook 1½ cups of rice with 4 cups of water.

VEGAN WORCESTERSHIRE SAUCE

The recipe calls for vegan Worcestershire sauce, Brands include Edward & Sons, Savory Spice, and The Wizard's. You can also make your own. Here's an easy recipe from Karissa's Vegan Kitchen:

- 1 cup apple cider vinegar
- 1/3 cup soy sauce
- 3 tbsp brown sugar
- 1 tsp dijon mustard • 1/2 tsp allspice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 tsp black pepper

Add all ingredients to a pot, and cover. Turn the heat on low. Heat until it's just barely brought to a simmer. Remove from the heat and allow to cool to room temperature. Store in a jar in the fridge for up to 1-2 months.



No Meat Athlete includes a wealth of resources and tips, including some referenced from other sites. Recipes are plant-based but not always free of oil and processed foods, so choose and adapt accordingly.

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