PREPARATION

- Read the My Haiti stories about Gabou and Valdo
- Activity time: 60 minutes
- Ingredients:
  - ¼ cup butter
  - 1 onion, finely chopped
  - 1 bell pepper, finely chopped
  - 3 garlic cloves, minced
  - ½ tomato sauce
  - 2 cups red kidney beans (if canned, drain first)
  - 1 teaspoon thyme
  - 2 teaspoons oregano
  - 1 bay leaf
  - 1 cup long-grain white rice
  - 1¾ cups water (or stock)
  - Tabasco chipotle sauce to taste

STORY CONNECTION

Diri Ak Pwa is Haitian rice and beans. Valdo and Gabou often eat rice and beans.

LEARN

Tasting and preparing new foods at a young age might spark more adventurous eating.

INSTRUCTIONS

1. Heat butter in large pan over medium heat.
2. Add onion and bell pepper; Sauté until onion is soft.
3. Add garlic and sauté another 1 – 2 minutes.
5. Stir in rice, water (or stock) and salt and pepper to taste.
6. Bring to a boil, the reduce heat to low, cover and simmer 15 – 18 minutes.
7. Remove from heat and let set covered for another 5 – 10 minutes.
8. Stir slightly with fork and serve.
9. Enjoy - Gou!