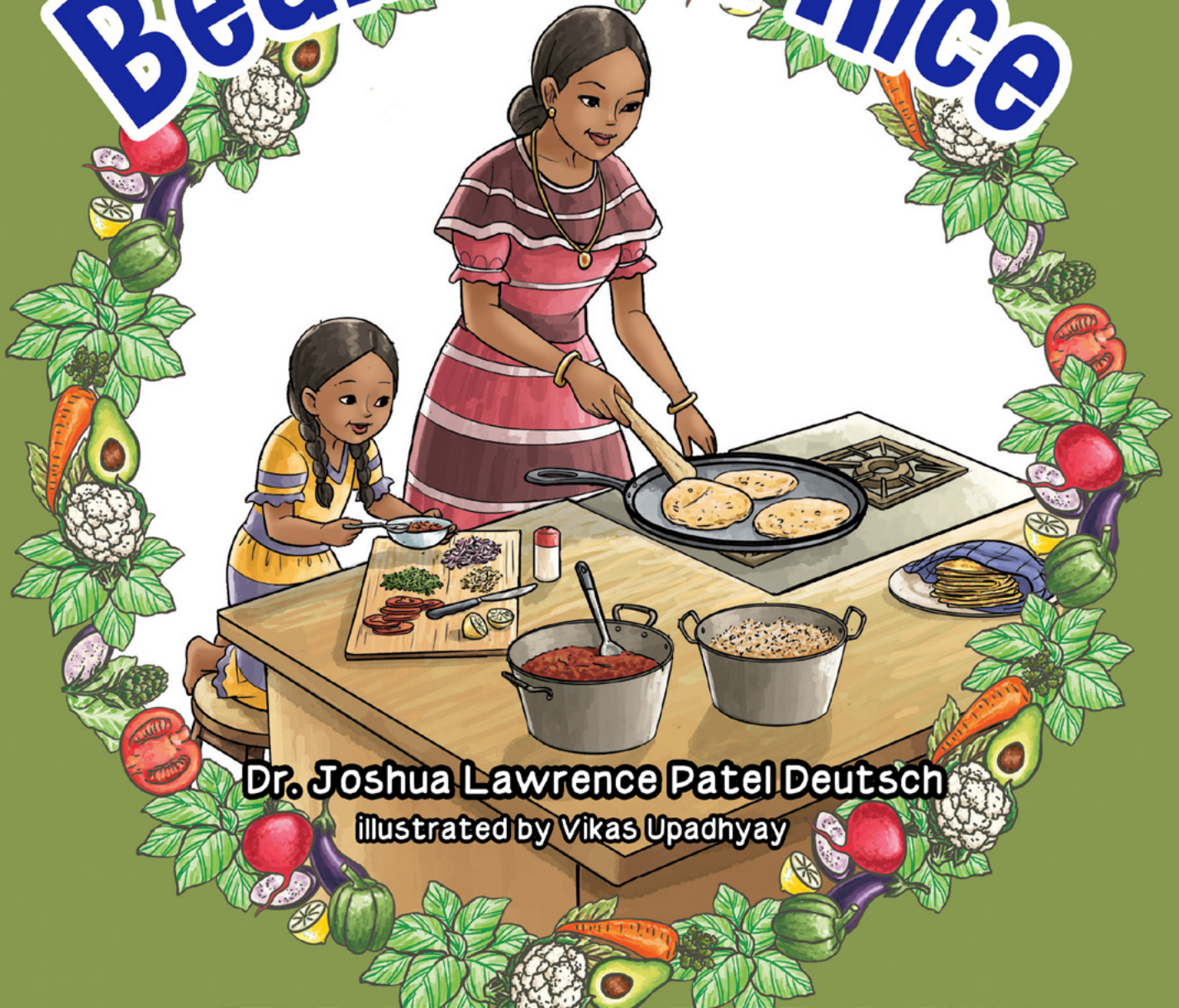


Beans and Rice



Dr. Joshua Lawrence Patel Deutsch

illustrated by **Vikas Upadhyay**

For food that's tasty and low-priced,
I cook a pot of beans and rice.
With some tortillas, and some spice,
My Sunday meal will taste so nice!



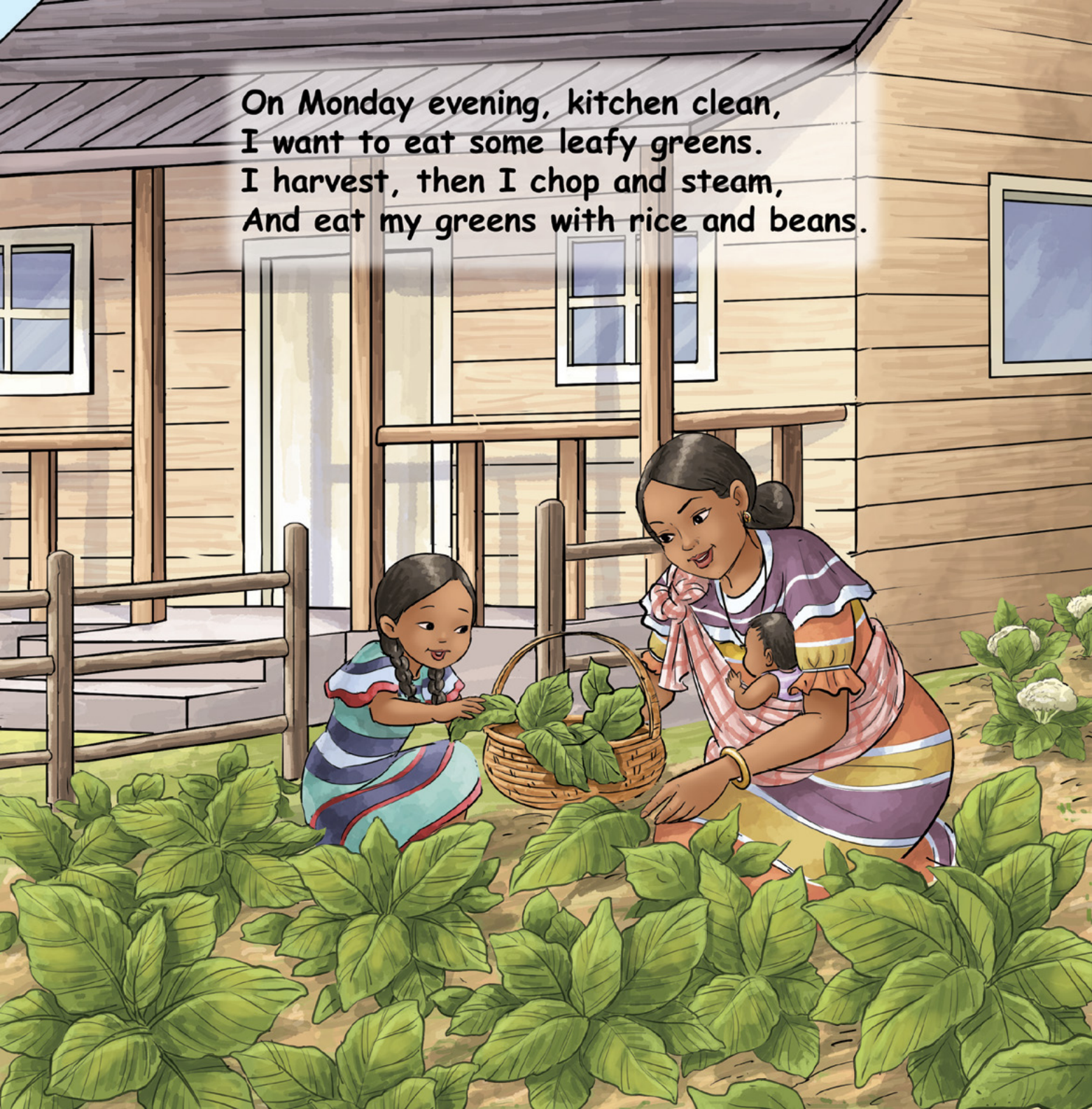
The meal will taste much more divine
With some tomatoes from the vine.
I pick them fresh; they taste so fine!
A salsa fresca will be mine.



I cut my onion, slice my lime.
Tomatoes chopped in record time.
Add chile, salt, cilantro diced,
And eat them with my beans and rice.



On Monday evening, kitchen clean,
I want to eat some leafy greens.
I harvest, then I chop and steam,
And eat my greens with rice and beans.



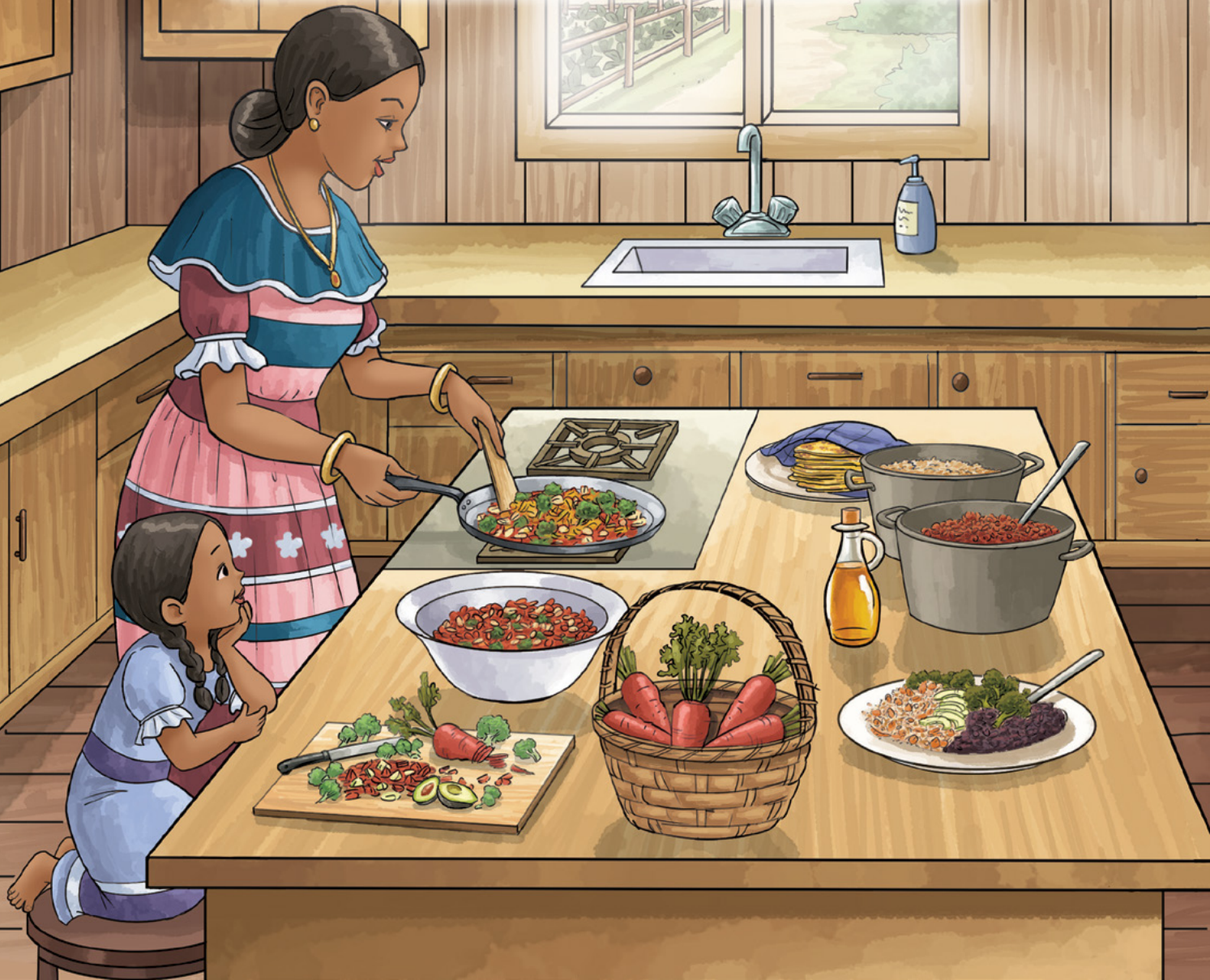
To flavor all my fresh-picked kale,
Salt and pepper will never fail.
Balsamic, lemon, olive oil,
I eat food grown in my own soil.



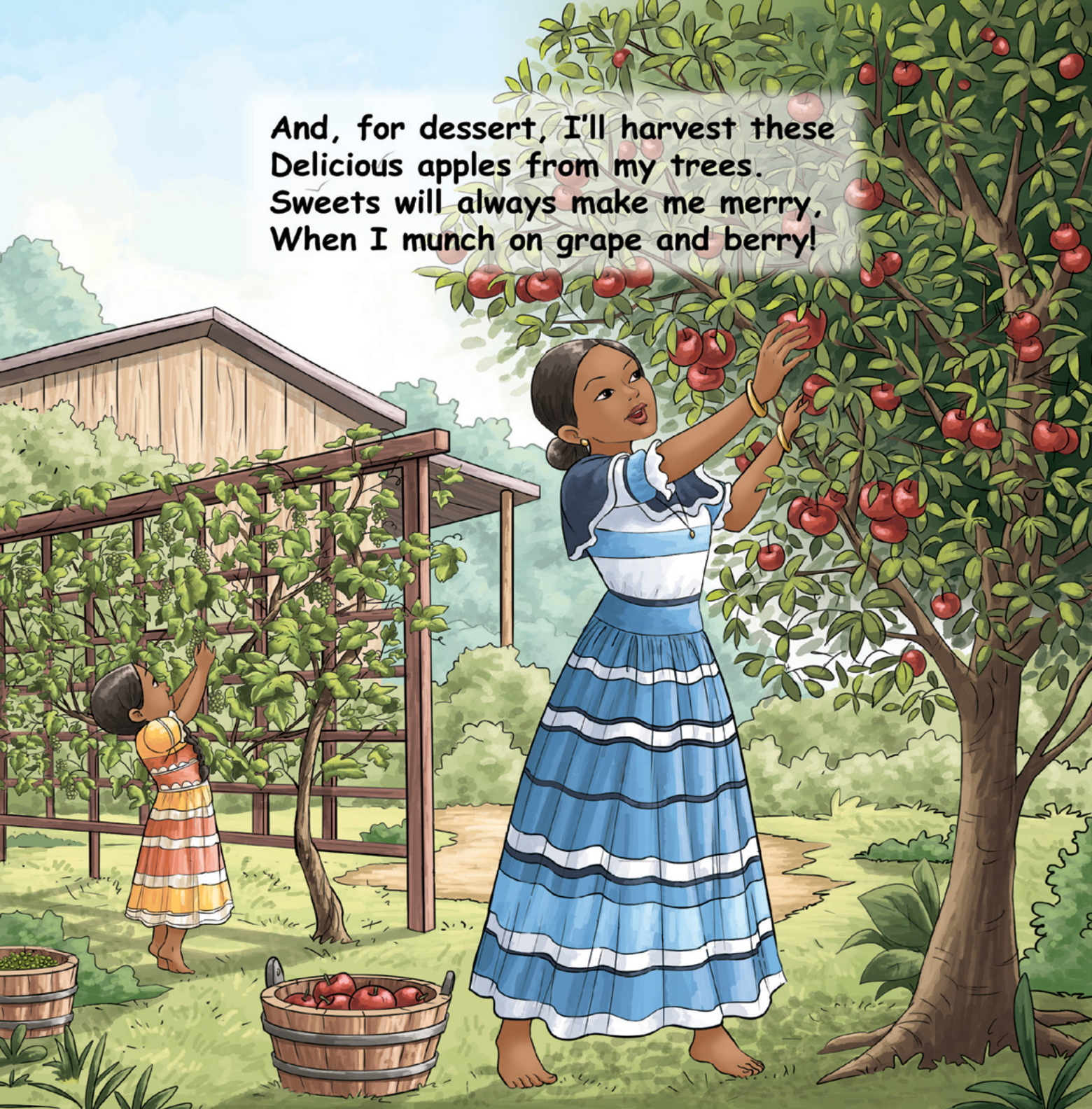
Tuesday will be exceptional;
I plan to eat more vegetables.
In my food garden, I can see
Some carrots and some broccoli.



When my veggies are chopped and sliced,
I cook them with my beans and rice.
Then, I'll add some avocado;
Save some for my lunch tomorrow.



And, for dessert, I'll harvest these
Delicious apples from my trees.
Sweets will always make me merry,
When I munch on grape and berry!



Wednesday, I get sentimental.
I cook brown rice with green lentils,
Mushrooms, carrots, and potatoes,
Then add cabbage and tomatoes.



Onions and garlic make me grin.
I stir-fry those and throw them in.
I'll call some friends, invite a group,
'Cuz everyone loves lentil soup.



On Thursday, I can use a rest,
So warmed leftovers work the best.
Reheat the lentils and the rice;
Sprinkle with cheese. It tastes so nice!



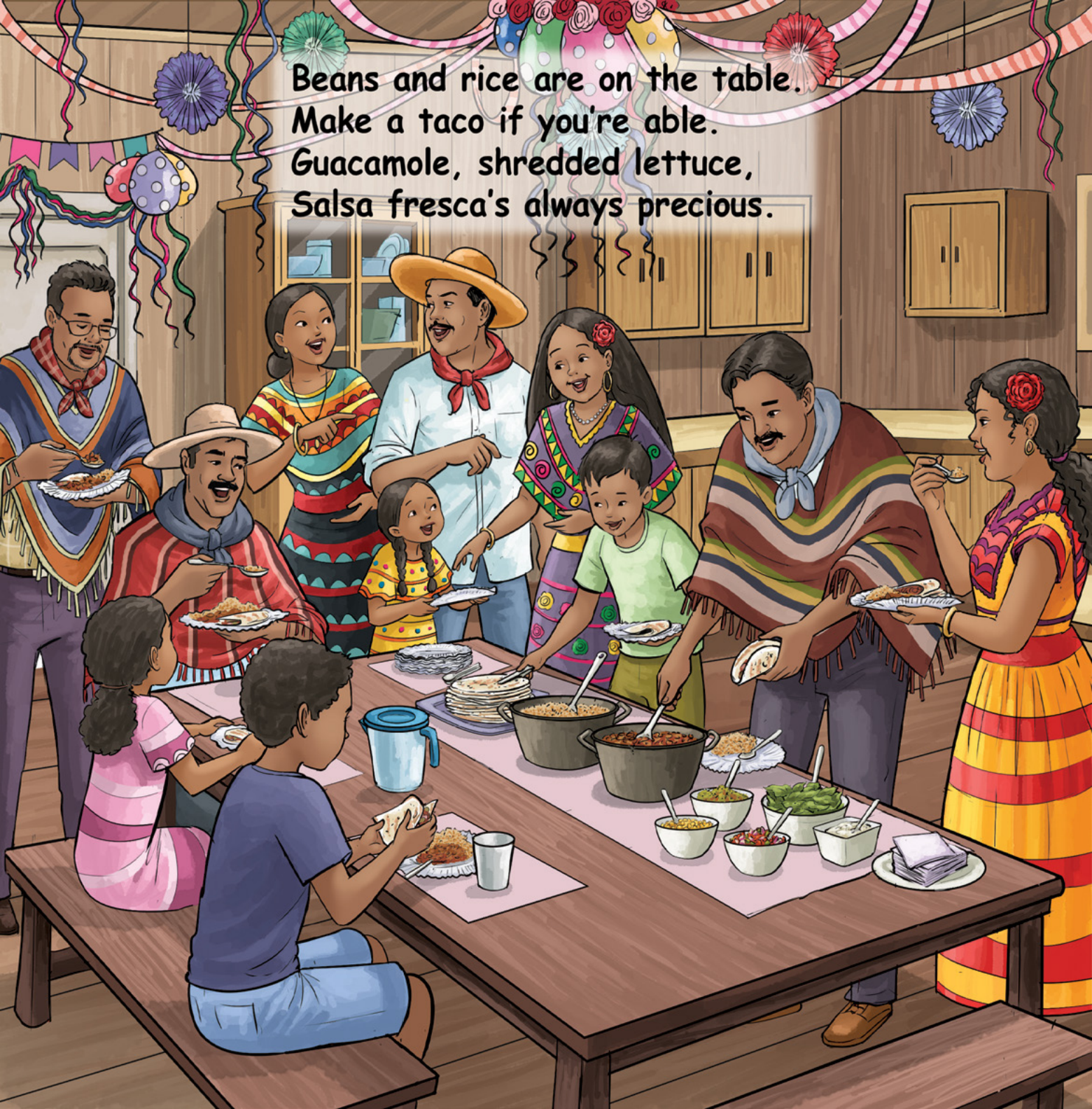
On Friday, I've got bigger plans,
With cauliflower baked in pans.
Winter squash and black beans added;
And a tasty garden salad.



Then, Saturday, will be so fun:
Veggie tacos for everyone!
Friends will come for celebrations.
I'll hang up the decorations.



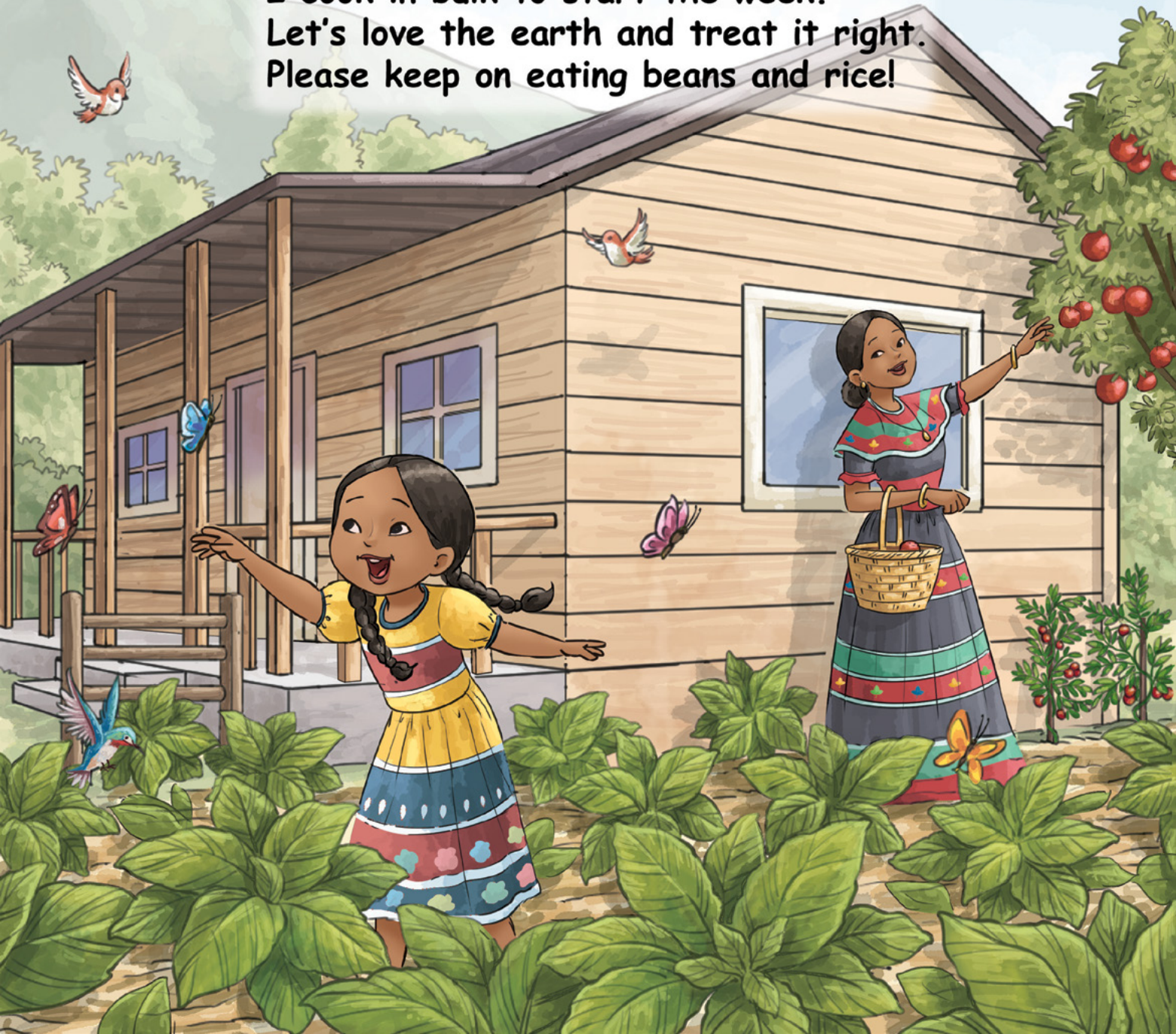
Beans and rice are on the table.
Make a taco if you're able.
Guacamole, shredded lettuce,
Salsa fresca's always precious.

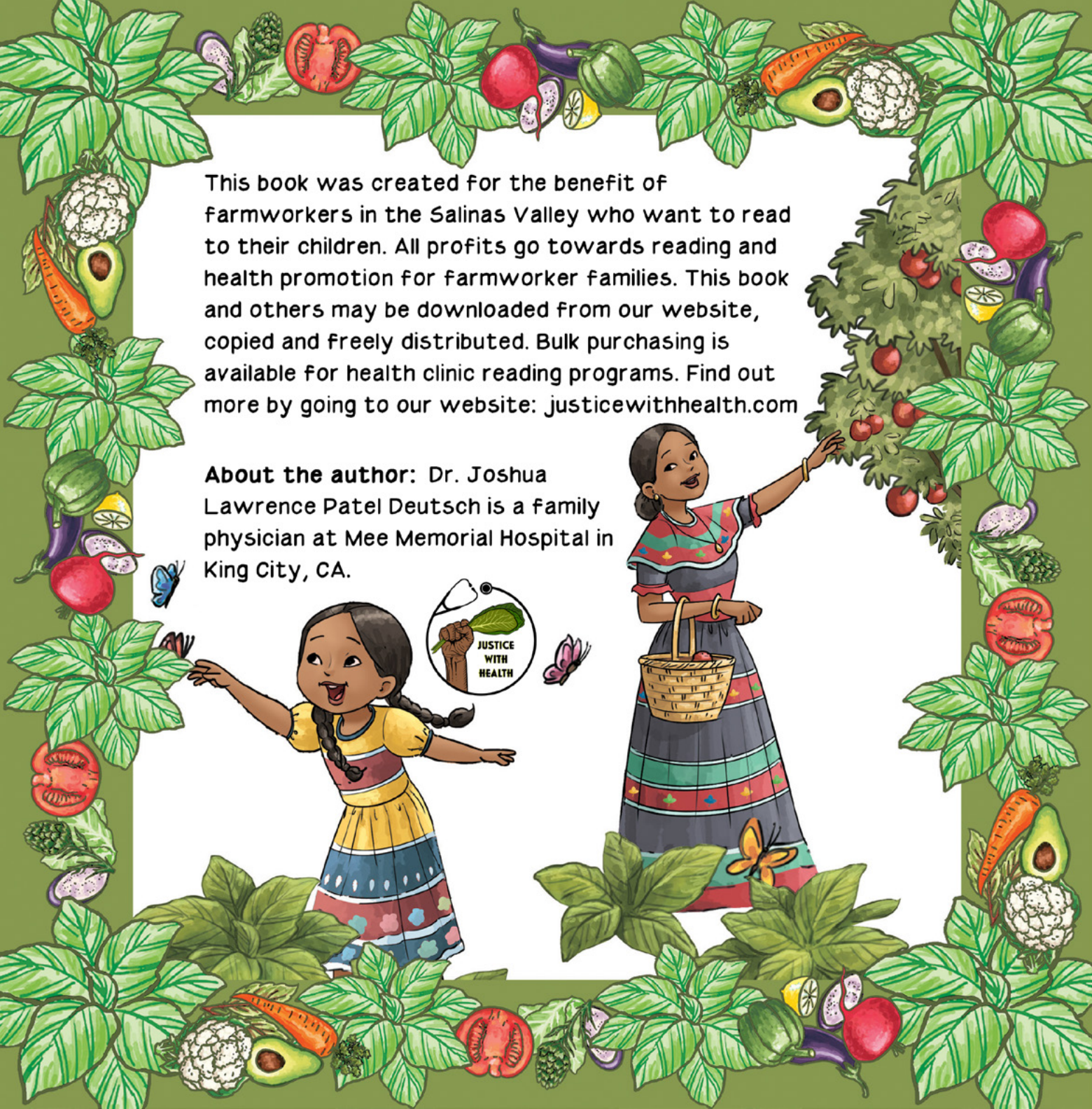


Sunday morning, I start to clean,
While I prepare the rice and beans.
Why would I change the foods I eat,
When I can have these perfect treats?



I keep my food healthy and cheap,
I cook in bulk to start the week.
Let's love the earth and treat it right.
Please keep on eating beans and rice!





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