

## *RISOTTO WITH BEANS AND SEAWEEDS*

Serves 4

1 cup brown rice  
1 cup black beans  
3 10-inch long pieces of Kombu, chopped in small pieces  
1 quart vegetable broth  
1 tablespoon Parmesan cheese, grated  
1 bunch fresh parsley, chopped  
Black pepper to taste  
2 tablespoons extra virgin olive oil  
1 pinch of baking soda

Let the beans soak in purified water and some baking soda overnight. Soak the rice in purified water overnight as well.

In the morning, discard the water of both and rinse.

In a large skillet, heat the olive oil and sauté the onion, rice, beans and Kombu, and sprinkle some pepper on it. Sauté until the onion turn golden and then add the vegetable broth to cover.

Let it simmer covered for 45 to 60 minutes.

When the consistency is soft and creamy, add the Parmesan cheese and the parsley, and let it cook for 3 to 5 minutes longer.

Serve it warm.