



**CRS Rice Bowl Recipe -
Democratic Republic of Congo:
Fried Plantains and Beans**

Teachers can use this recipe as a geography tool and conversation starter about life in DRC.

Families can make this Lenten recipe together for a meatless Friday.

Check out this website for more recipes from around the world: www.crsricebowl.org/recipe-archive

Makes 6 servings (335 g per serving)

Fried Plantains

- 6 ripe green plantains
 - Salt to taste
 - 6 tablespoons FAIR TRADE olive oil

Peel plantains and cut into thin slices. Lightly salt both sides. Pour oil into pan and heat. Carefully place each plantain slice into oil and fry each side until golden. Drain on rack or paper towel.

Beans

- 1 large onion, finely chopped
 - 2 tablespoons FAIR TRADE olive oil
 - Two 16-ounce cans of black beans, drained
 - 1 large tomato, chopped
 - Paprika and chili pepper to taste

In a large pan, sauté onion in oil, then add beans, tomato, paprika and chili pepper. Cook over low heat until hot. Serve with plantains.

Nutrients

Calories	357	kcal
Protein	9	g
Carbohydrates	61	g
Dietary Fiber	9	g
Total Sugars	20	g
Fat	10	g
Saturated Fat	1	g
Cholesterol	0	mg
Phosphorus	55	mg
Potassium	704	mg
Sodium	473	mg

Note: Assumed only 2 tablespoons olive oil absorbed for frying plantains.

My Lenten Calendar

Have students write in their calendars what they did to be closer to God.

Example: Today I brought clothes to St. Vincent De Paul

Keep in mind the 7 Catholic Social Teachings:

- Life and Dignity of the Human Person
- Call to Family, Participation and Community
- Rights and Responsibilities
- Option for the Poor and Vulnerable
- Dignity of Work and the Rights of Workers
- Solidarity
- Care for God’s Creation

Some things they can do are:

- Collections for people in need: diapers/wipes, food, clothing,...
- Spiritual Adoption - commit to praying for 1 specific person or group throughout Lent who is most vulnerable among us
- Stations of the Cross, reflecting on who Jesus is walking with today in our country or world
- Visit a sick or elderly person, especially during these long winter months when they experience even more loneliness
- Reflect on how to be the best version of yourself, and then create 1 specific goal of how you can be the best follower of Christ you can be. Pray each day during Lent about your goal
- Read or listen to the news each day and choose one particular person or group you will pray for that evening
- Pray the rosary

My Lenten Calendar

Students:

Put your name on the left by each week. Start with Week 1 on the bottom. Write what you did to get closer to God.

Example

Today I went to visit and help Mrs. W who is suffering with MS.

At the end of the week, cut out the slip and return to your teacher.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 7	March 30	31	April 1	2	3	4	5
NAME					Holy Thursday	Good Friday	EASTER SUNDAY Holy Saturday
Week 6	March 23	24	25	26	27	28	29
NAME							
Week 5	March 16	17	18	19	20	21	22
NAME							
Week 4	March 9	10	11	12	13	14	15
NAME							
Week 3	March 2	3	4	5	6	7	8
NAME							
Week 2	February 23	24	25	26	27	28	March 1
NAME							
Week 1	START HERE ON ASH WEDNESDAY		February 18	19	20	21	22
NAME			Ash Wednesday				