

Kidney-Bean Stew

SOAK one-half pound of kidney beans over night; in the morning drain and cook in boiling water until tender. One hour before they are done, add one small diced onion, one-fourth of a cupful of brown rice, and one cupful of canned tomatoes. Season with salt and pepper to taste. Half an hour before serving, add one large potato cut into dice. Thicken the gravy with two table-spoonfuls of butter and two of flour.