

Kids In The Kitchen

New York Chef Continues To Spread Passion For Cooking To Kids

by Marcus Samuelsson

(NAPSA)—As a child, I learned to cook by following my Grandma around in the kitchen. Without her, I don't think I would be a chef today. The bond we shared in the kitchen changed my life and is a bond I hope all kids can share with a loved one. My desire to create family bonds and spread the love created through cooking is a key reason why I've returned to partner with the UNCLE BEN'S® Brand and the 2014 Ben's Beginners™ Cooking Contest.

Last year, the contest gave me the chance to inspire children across the country by sharing a passion that was instilled in me as a child. This year, the opportunity is even bigger. The UNCLE BEN'S® Brand is giving away five prize packages that include \$15,000 cash, a \$30,000 cafeteria makeover and a hometown celebration. To enter, parents simply submit a video with their child, in grades K–8, preparing a rice-based dish and discussing their experience cooking together. They then need to upload the video by Oct. 10, 2014 at www.unclebens.com.

I'm a firm believer that cooking in the kitchen is about more than creating delicious dishes. It's about strengthening relationships, finding a love for food and most of all, having fun. The Ben's Beginners™ Cooking Contest gives kids a chance to experience all these things. Help me in spreading the word and inspiring the next generation to cook healthy and be happy!

Grilled Steak & Vegetable Tacos with Cilantro Lime Rice

Ingredients:

- 1 bag UNCLE BEN'S® Boil-In-Bag Rice
- 1 2-lb. sirloin steak
- 1 tsp. chili powder
- 2 tsp. salt
- 1 tsp. black pepper
- ¼ cup vegetable oil
- 4 medium red peppers, cored, seeded and cut into 4 grillable pieces
- 2 small zucchini cut into grillable flat strips
- 2 small yellow squash cut into grillable flat strips



Grilled Steak & Vegetable Tacos with Cilantro Lime Rice can be a winner at your family table.

- 2 small onions cut into slices but not separated into rings
- 16 flour or corn tortillas
- ½ cup fresh cilantro, chopped
- 1 lime, juiced
- 1 Tbsp. butter
- 2 cups Jack cheese, shredded
- Hot sauce as needed

Instructions:

1. Season steak with salt, pepper and chili powder and rub with oil.
2. Grill steak, peppers, onion, zucchini and yellow squash on preheated outdoor grill until meat is cooked to medium, and onion and vegetables have softened and lightly charred.
3. Set meat and vegetables aside and keep warm.
4. Cook bag of rice according to package instructions.
5. While rice is cooking, grill tortillas until warm, pliable and lightly toasted. Keep warm.
6. Slice meat and vegetables into thin strips.
7. When rice is finished cooking, add in 1 Tbsp butter, chopped cilantro and lime juice. Mix well.
8. Assemble tacos with steak, vegetables and rice.
9. Top each taco with shredded Jack cheese and hot sauce as desired.

Marcus Samuelsson is the Ethiopian-born and Swedish-raised chef of Red Rooster Harlem in NYC. He has appeared on "Top Chef," "Chopped" and "The Taste" and can currently be seen on "The Feed" on The FYI Network.