

CPS CHEF COUNCIL

Chef Yuri Hevia and Chef Jazer Syed



Chef Yuri Hevia combines both of his passions, music and cooking to balance his life. As a professional percussionist, he has extensive experience as a mentor and leader for young drummers, working with Guitars Over Guns and Guitar Center. As a chef, he has experience working in professional kitchens across the city, including Tejanos Mexican restaurant in Wicker Park. He is also one of the founding members of Arte, a musical dining experience in Pilsen. In his free time, he loves to ride his bike and make delicious food for friends and family.



Jazer Syed is a former Chicago restaurant chef for the last ten years. He has spent time in some of Chicago's favorite restaurants. He loves food and the power it has to bring people together. Jazer is an avid traveler excited to share his experiences with everyone he encounters. From his time spent backpacking through India, to island hopping in the Filipino archipelago. Jazer is excited to be joining the Common Threads team.

Both Chefs work for Common Threads, a national nonprofit that provides children and families cooking and nutrition education to encourage healthy habits that contribute to wellness. They equip under-resourced communities with information to make affordable, nutritious and appealing food choices wherever they live, work, learn, and play. Food is rooted in culture and tradition, so they promote diversity in all their lessons and recipes, encouraging participants to celebrate the world around them.

For more information on Common Threads visit <https://www.commonthreads.org/>



NUTRITION
SUPPORT
SERVICES



Cuban Black Beans and Rice

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Cuban Black Beans and Rice

INGREDIENTS

½ onion, diced
½ red bell pepper, diced
3 cloves garlic, peeled and minced
1 tsp fresh thyme, minced
1 tsp fresh oregano, minced
1 can black beans, rinsed
8 oz. canned tomato sauce
1 C brown rice, uncooked
2 C water
1 Tbsp olive oil
1 C low sodium vegetable broth
Salt and pepper to taste

INSTRUCTIONS

Mise en place

Wash and dry produce.

Chop the onion and the bell pepper into a small, ¼ inch dice.

Peel and mince the garlic.

Mince the thyme and the oregano.

Wash and drain beans.

Measure out the ingredients.

Prepare

Heat the oil in a pot over medium flare. Add the onion and bell pepper and saute until the onion is clear or translucent.

Add the garlic and saute for another 1 to 2 minutes.

Add tomato sauce, beans and simmer for 5 to 10 minutes to join flavors.

Stir in the rice and water. Season well with salt and pepper. Bring to a boil, then reduce heat to low, cover tightly and simmer for 40 minutes.

Remove from heat and let sit covered for another 5 to 10 minutes.

Serve