

# Cooking with Julia:

## Red Beans and Rice



Julia Hansen

Let's spice things up! In recent columns I've been providing recipes that are seasonal, so I thought this week, even though the holidays are just around the corner, I would throw in a totally random, unsea-

sonal recipe. Red beans and rice is great because it's healthy, and it has lots of flavor. Also it provides room for experimentation. When looking through red beans and rice recipes, I saw huge variances in the ingredients used — particularly the herbs and spices. Recommended herbs and spices in different recipes for the dish were parsley, oregano, cumin, cayenne pepper, crushed red pepper flakes, bay leaf, thyme, paprika and many more. Looking at so many varying recipes, it's hard to know what herbs and spices to put in the dish.

Although sometimes it's hard to tell a difference between the two, herbs and spices are not the same. Both are used for flavoring food and in medicines, religious rituals and cosmetics, but spices are dried seeds, fruits, roots, barks or vegetative materials, whereas herbs are leafy green parts of plants. Another difference is that herbs can be used fresh or dried but spices are mostly dried and ground into a powder form. Throughout the world there

### Ingredients:

#### Rice

2 cups water  
1 cup uncooked rice  
2 teaspoons salt  
1 teaspoon oil

#### Red Bean Sauce

1 (16 ounce) package turkey or pork kielbasa, cut diagonally into 1/4-inch slices  
1 large onion, chopped  
1 green bell pepper, chopped

2 garlic cloves, chopped  
2 (15 ounce) cans kidney beans, drained  
1 (15 ounce) can diced tomatoes, keep juice  
1 tablespoon dried parsley flakes  
1 1/2 teaspoons cumin  
1/2 teaspoon cayenne pepper, or to taste  
Salt to taste



### Directions:

- Put first four ingredients in a pot and follow instructions on rice bag for cooking time.
- In a large skillet, cook kielbasa over medium-low heat. Add chopped onion, green pepper and garlic. Sauté until vegetables have softened.
- Add beans and tomatoes with juice. Add parsley, cumin, cayenne pepper and salt. Simmer uncovered for 25 minutes. Serve over rice.

are thousands of herbs and spices, and hundreds can be found at any local grocery store. Most spices are relatively cheap and can make or break a dish. My parents' spice rack

is a great go-to, but during college I've accumulated a fair number of herbs and spices in my own spice rack. If I had to choose one herb or spice other than salt and pepper, I

would choose oregano. No matter your favorite herb or spice, during Winter Break grab some cayenne pepper, beans and rice and whip up this spicy, delicious meal.

## Intimacy influences privacy, trust

We all have our secrets.

Whatever those whom we're closest to might say, personal information is just that: personal. It's easy to feel the pressure to share everything, and some people are pretty keen on pushing that agenda so they can gain a position in the inner circle of confidence. However, the healthiest thing is to be in control of your own information and share it on your terms so you don't feel forced to disclose anything you'd rather not.

I've been accused of being too private, but what my critics have forgotten is that my feelings and experiences are my own to share. I'm not talking about cutting myself off from the world or from the confidence of others, but when a friend jokingly accused me of "never sharing anything anymore" like I was withholding something that was rightfully hers, it made me think. Since when have I lost the rights to my own thoughts?

Contrary to what seems to resonate frequently in my life, sharing everything is not what keeps relationships together, especially when judgments are involved. Trust is a big issue when it comes to all kinds of private

information, including past mistakes and future plans. It's hard to know who's on your side and who will keep your information from becoming public knowledge. People can't help but judge one another, and if such a person gets a hold of some juicy tidbit of your private goings on, it could be disastrous.

"I'm not suggesting that it's a bad idea to be open with people you're close to. The problem is feeling obligated to open up more than is comfortable."

I had one of those experiences recently — when seeking advice and confiding in a lifelong friend, she abused my confidence and it cost the friendship. In situations like this, a fine line exists between the expectation for trust and the inability to rely on it. After 10 years of friendship, I trusted my friend with my information. Instead, I learned that some secrets are best not shared at all.

Generally the more two people share, the closer they become. Knowing people intimately, whether that entails knowing all their quirks or being able to predict how they'd respond to different situations, often is based on information gained through interaction and discussion. It's fair to say the ones people are closest to are the ones they know the most about. But certain rationales for sharing secrets are dangerous, such as using this tech-

nique to rush emotional intimacy or to fulfill another person's expectations.

In romantic relationships, this line is especially notable. To be in a relationship with someone is to trust him or her with more than just your heart, but also with personal feelings. But if not everything is meant to be told, which information should be kept and which should be shared?

The depth of the relationship is a good tool to use for knowing the appropriate level of emotional intimacy. In new relationships or casual friendships, it is perfectly reasonable to withhold information you think is too personal to share. Just because that girl or guy is suddenly your girlfriend or boyfriend doesn't mean you're now required to share your tragic family history or your unfortunate past mistakes. It ultimately might not matter anyway in the case of a short-lived relationship, or it could cause unnecessary stress or undesired intensity. In the same way, just because you're friends with someone doesn't mean you're required to share details about a romantic relationship you're in. First of all, information between couples belongs to both, and so neither should share it without the other's consent. Also, disclosing with friends could incite judgments or affect their relationships with your significant other.

Of course, I'm not suggesting that it's a bad idea to be open with people you're close



Kelly Schute

We need to talk

to. The problem is feeling obligated to open up more than is comfortable just because of the type of relationship. In more serious relationships, sharing is a key to emotional intimacy. Whereas secrets can cause suspicion and a loss of trust, both of which cause obvious damage, trust only strengthens an already existing bond.

## Final column summarizes travel tips, quirks



Franklin Cline

Can you believe it's been weeks since you last saw my musings with your anxious eyes? I sure can't.

I really don't have a topic today so much as an arbitrarily connected series of thoughts. Index, you are my new Xanga!

First things first: I am so glad that the Index brought to light juicycampus.com, so that now I am able to keep up on all the gossip from across the pond. If I had a dollar for each juicy tidbit I've gleaned from that Web site, I'd have been able to afford a ticket to that Kanye West concert in London last week.

Secondly, and more seriously, a few words of advice to those of you who are considering studying abroad. Make sure you apply early, as John and I have been stuck in a small room off campus that doesn't have wireless Internet due to some karmic retribution we both had coming or because we applied so late we missed out. It could be a

combination of both.

Also, do not plan on studying the semester before you graduate and applying to graduate school

while overseas. I'm doing it right now, and if it weren't for a friend acting as a liaison between myself and those lucky professors who are writing my letters of recommendation, I would be even more stressed out during an already incredibly stressful process. Granted, it's a lot easier now with the Internet, especially considering that many universities offer online applications, but it's still a pain not being there for face-to-face interviews. Additionally,

and perhaps most importantly, if you're going to an English-speaking country, don't bother trying to adapt their slang. The

"Europeans really love Obama. ... It's strange. In Manchester I even got a free shot for telling the bouncer that I voted for Obama. Democracy works, indeed."

British say "ta" as a sort of informal "you're welcome, goodbye" to close out a transaction, usually for food or at a pub. Try as I might, I cannot make it sound easy or informal, and we all know that trying too hard is so uncool.

Thirdly, the major American television networks do not show most of their shows on basic television here, which is fine, but they've also blocked the interested American viewer who happens to be out of

the country from streaming episodes online. This is so, so stupid because it forces us to go to illicit streaming Web sites, which inevitably contain broken links.

Finally, and this is not to eat up my word count regardless of how trivial it may seem to you, Europeans really love Obama. Pictures of him are everywhere, and just about any older Englishman (or woman) one encounters at a bar asks instantly who you voted for, and when I reply Obama, there's always an emphatic, assured smile in return. It's strange. In Manchester I even got a free shot for telling the bouncer that I voted for Obama. Democracy works, indeed.

Other random thoughts: The song "Mr. Brightside" plays so much here you'd think it just came out yesterday, English youths can be every bit as loud and stupid as American youths can be and bitter beer typically is served warm.

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