

SEASON 2 | EPISODE 1

Show Notes

More Than Rice and Beans: The Beal Meals We've Ever Eaten

Episode description:

What's the best meal you've ever eaten? That's the question Miguel and Tania tackle in this episode of *More Than Rice and Beans*. The meals we love have great food at the center but are most meaningful because of who we share them with. The mother and son duo also talk about why food has been important to their family, how it helps us connect with diverse cultures, and how to eat well even when you're low on cash. Join us for the first of many conversations about food, Latinx culture and stories, traditions, and more.

Highlights:

In this episode, Tania and Miguel talk about their favorite food memories. Highlights include:

- A discussion on how food contributes to Miguel and Tania's family life and ways it helps them connect to their culture.
- Tania and Miguel's favorite childhood meals.
- Recommendations on the tastiest budget eats for times when you are strapped for cash.
- Reflections on the best meals both Tania and Miguel have ever experienced, and thoughts on what made them the best. (It's so much more than just the food!)

Links:

Register for a virtual cooking class with Tania: <https://www.coquithechef.com/cooking-classes/>



Buy us coffee? <https://www.buymeacoffee.com/ricebeanpodcast>

Visit our webpage: <https://www.coquithechef.com/podcast/>

Average cost of food in the U.S.: <https://www.thestreet.com/personal-finance/average-cost-of-food-14845479>