

Spanish Rice and Beans

Spanish Rice and Beans uses pantry staples to create a nutritious and flavorful one pot meal. Vegetarian, gluten free, and a complete source of plant protein, this easy dinner will become a family favorite.

Ingredients:

2 Tbsp. extra-virgin olive oil
1 yellow onion, finely chopped
3 garlic cloves, minced
1 1/2 tsp. paprika
1 1/4 tsp. kosher salt
1 tsp. chili powder
1 tsp. dried oregano
1/2 tsp. black pepper

1/4 tsp. cayenne pepper (optional for added heat)
2 cups long-grain white rice (such as jasmine or basmati)
1 (14.5-oz.) can fire-roasted diced tomatoes (sub 1 cup jarred salsa)
2 (15.5-oz.) cans kidney beans, drained and rinsed
3 cups vegetable or chicken broth (sub water)
1/3 cup sliced green olives

Parsley Oil (optional)

3 Tbsp. finely chopped fresh parsley leaves
1/2 tsp. lemon zest, plus 1 Tbsp. fresh lemon juice
3 Tbsp. extra-virgin olive oil

Directions:

Heat oil in a large skillet with a fitted lid over medium. Add onion; cook 5 minutes, until softened. Add garlic, paprika, salt, chili powder, oregano, black pepper, and cayenne; cook 2 minutes, stirring often, until aromatic. Stir in rice; cook 2 minutes, until slightly translucent. Stir in tomatoes, beans, and broth (or water). Bring mixture to a boil, reduce to medium-low, and simmer, covered, until liquid is absorbed and rice is tender, about 25 minutes.

Meanwhile, prepare parsley oil (if using) by combining parsley, lemon zest and juice, and olive oil in a small bowl; stir well. Scatter olives over Spanish Beans and Rice and drizzle with parsley oil.

