



Beans, Tomatoes & Herbs

Nothing is better than a one-pot meal. This vibrant, plant-based meal combines juicy tomatoes, white beans, bright green spinach, and long-grain rice. The addition of aromatic herbs & garlic deepen the flavor for a cozy meal that is budget-friendly, meatless, & flavorful.

Yield: 6 servings

Ingredients

- ¼ lb frozen chopped spinach
- 1 yellow onion
- 2 cloves garlic
- 2 Tbsp olive oil
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp dried thyme
- ¼ tsp dried rosemary
- 1 pinch crushed red pepper
- Freshly cracked black pepper
- 3 oz. tomato paste (~1/4 cup)
- ½ tsp brown sugar
- ¼ tsp salt
- 1 15 oz. can fire-roasted diced tomatoes
- 1 15 oz. can cannellini beans, drained & rinsed
- 1 cup uncooked long-grain white rice
- 1.5 cups vegetable broth

Directions

1. Place the spinach in a bowl to thaw slightly as you prepare the beginning of the recipe.
2. Dice the onion and mince the garlic and set aside. Add olive oil, minced garlic, and spices to a deep skillet or pot. Sauté over medium-low heat for about a minute.
3. Add the tomato paste and brown sugar and continue to sauté for 2-3 minutes. Add the onion and salt, then continue to sauté until the onion is soft.
4. Add the diced tomatoes with juices, beans, spinach, and uncooked rice to the pot. Pour in vegetable broth and stir to combine.
5. Place a lid on the pot and turn the heat up to medium-high. Allow to come to a boil, then turn the heat down to the lowest setting to simmer. Let the pot simmer for 15-20 minutes or until most of the liquid is absorbed. Turn the heat off and let it rest for 10 minutes.
6. Fluff the contents of the pot with a fork and serve immediately.

Recipe Notes:

- Wash the rice before combining with the ingredients
- You can use other leafy greens and vegetables like leeks, collard greens, or peppers.

Nutrition info per serving:

Calories: 316, Fat: 5.6g, Sodium: 766.47mg, Fiber: 7.3g, Protein: 11.75g

Source: <https://www.budgetbytes.com/tomato-herb-rice-with-white-beans-and-spinach/>