

# BEYOND HUNGER

## KIDNEY BEAN AND RICE STEW

---

*This hearty, one-pot stew is super easy and heart-healthy. This stew is popular in Spain, and it's full of flavor! Kidney Beans are a great source of plant-based protein, fiber, B Vitamins, iron, and potassium.*

**Yield:** 2

### Ingredients:

- 2 tbsp **olive oil**
- 1 small **onion**, diced
- 1 green **bell pepper**, diced
- 4 cloves **garlic**, minced
- 1 tsp of **paprika**
- ½ tsp **ground cumin**
- ½ cup **tomato sauce**
- 1/8 tsp each, **salt & pepper**
- 2 ½ cups canned **kidney beans**, drained
- 4 cups (32 oz) **vegetable broth**
- ½ cup **uncooked rice**
- 1 **bay leaf**, optional
- ¼ cup finely chopped **parsley**, optional

### Instructions:

1. In a large pot, warm oil over medium heat. Add the onion and bell pepper; sauté until the onion is translucent for about 4 minutes. Add garlic and sauté one minute more.
2. Season with paprika & cumin, add the tomato sauce, and then season with salt and pepper. Stir to combine. Simmer until the tomato sauce has thickened, about 3 minutes. Add the kidney beans, vegetable broth, and bay leaf and bring to a boil.
3. Add the uncooked rice and mix; then cover the pot and lower the heat to low-medium heat. simmer until the rice is cooked.
4. Transfer into shallow bowls and sprinkle with finely chopped fresh parsley, serve at once, enjoy!

**Per Serving:** Calories 486, Protein 15g, Saturated Fat 2g, Sodium 916 mg, Fiber 12g, Sugars 21g.  
This recipe was adapted from <https://www.spainonafork.com/>.

