



Turmeric Rice & Beans with Cherry Tomatoes

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 4 SERVINGS

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INGREDIENTS

2 tablespoons olive oil	1/4 teaspoon black pepper
1 onion diced	2 1/2 cups low sodium vegetable broth
2 cloves garlic minced	2 quarts raw spinach
1 cup brown rice	2 cups canned kidney beans drained & rinsed
2 teaspoons turmeric	1/4 cup cilantro chopped
1 teaspoon cumin	3 cups cherry tomatoes halved

NUTRITION INFORMATION PER SERVING

Protein 14g	Sodium 350mg
Total Fat 9.6g	Saturated Fat 1.47g
Carbs 68g	Fruits 0 servings
Calories 405kcal	Vegetables 2 servings
Fiber 11g	Added Sugar 0g

Method

1. Heat the oil in a large pot over medium heat. Sauté onions for 4-5 minutes or until brown. Stir in the garlic and cook for an additional 2 minutes.
2. Add the rice, turmeric, cumin, pepper, and vegetable broth to the pot. Bring to a boil, reduce heat to low. Cover pot and simmer for 30-35 minutes, or until the rice is tender. Some broth will be remaining.
3. Add the spinach to the pot, piling it over the rice. Cover the pot again to allow the spinach to steam and wilt down for 3-4 minutes. Gently stir the spinach into the rice, so that it wilts down completely. Add in the kidney beans and mix until heated through.
4. Garnish with cilantro and serve with 3/4 cup cherry tomatoes per serving.

