

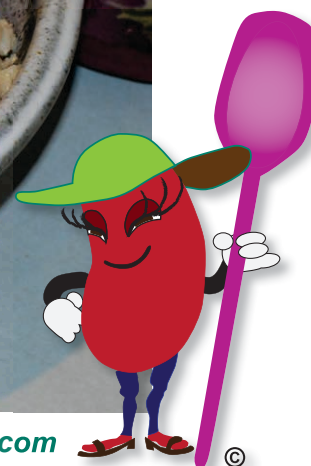
Beans, Rice And Everything Nice

Spinach and Kidney Bean Rice Pulao



Instant Pot Directions

beansriceeverythingnice.weebly.com



Ingredients

makes 4 - 6 servings

- 1 teaspoon cumin seed
- 1/2 a small onion, finely diced
- 2 cloves garlic, minced
- 4-6 green cardamom pods, cracked
- 1 - 4 inch stick of cinnamon, broken in half
- 2 small or 1 large tejpat (Indian bay leaf) (optional)
- zest and juice of 1 lemon (about 1/3 cup juice)
- 2 cups brown Basmati rice
- 2 cups cooked or 1 can kidney beans, drained and rinsed
- 3-2/3 cups water (water and lemon juice combined is 4 cups)
- 1/2 cup raisins
- 4 cups spinach leaves, coarsely chopped

1. Wash 2 cups of brown Basmati rice and soak in water to cover for 20 - 30 minutes while you prepare the other ingredients.
2. Press the SAUTE button to warm-up the Instant Pot insert. When hot, briefly toast the cumin seeds until slightly darkened and aromatic. Add the diced onion and cook until translucent. Add the garlic and ginger and cook for 30 seconds. Add the cracked cardamom pods, cinnamon stick and tejpat leaves. Toast briefly. Press the red CANCEL button to turn off the SAUTE mode.
3. Drain the rice and add it to the pot along with the kidney beans, lemon zest and juice, and water. Stir to combine. Close the lid. Set the pressure valve to sealing and cook on the MULTIGRAIN setting, which will take 40 minutes, or on MANUAL for 22 minutes. Once cooked, let sit for 10 minutes before releasing the pressure.
4. When the pressure is released, open the lid, remove the tejpat leaves, and gently stir in the raisins and spinach. Cover with the lid and let sit for 10 minutes to steam the spinach and plump the raisins.
5. Press the red CANCEL button. Transfer the rice to a serving bowl, garnish with a sprig of cilantro, if desired, and serve.