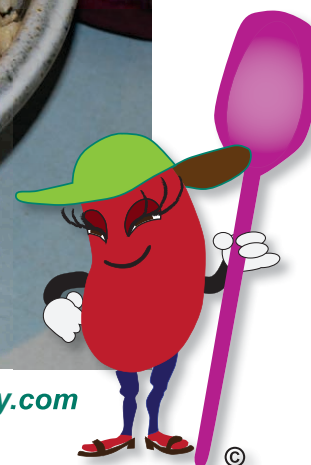


Beans, Rice And Everything Nice

Spinach and Kidney Bean Rice Pulao



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. Briefly toast the cumin seed in a large dry pot over medium heat 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 the tejpat leaves. Toast briefly.
3. Drain the rice and add it to the pot along with the kidney beans, lemon zest and juice, and water. Stir to combine. Cover with a lid. Bring to a boil over medium-high heat. Reduce heat to the lowest setting and let simmer for 40 minutes.
4. When the rice is cooked turn off the heat, remove the tejpat leaves, and gently stir in the raisins and spinach. Cover with a lid and let sit for 10 minutes to steam the spinach and plump the raisins.
5. Transfer the rice to a serving bowl, garnish with a sprig of cilantro, if desired, and serve.