

Beans & Rice Go on Spring Break



Serving: 4-6



Cooking Time: 25 mins



Level: Easy



INGREDIENTS

1 1/2 cups vegetable broth (or water)
2 cups (100 grams) tightly packed spinach, divided
1/2 cup tightly packed cilantro leaves
1 tablespoon butter
1 small onion (90 to 100 grams; heaping 1/2 cup), minced
2 garlic cloves, minced
1 cup jasmine or other long-grain rice, rinsed thoroughly until the water runs clear
1 teaspoon salt, plus more to taste
One 15-ounce can white beans, drained and rinsed
1/2 cup frozen peas
1/4 cup (5 grams) roughly chopped mint
1/2 lemon, zested
1/3 cup (50 to 60 grams) crumbled goat cheese
2 poached eggs, for serving (optional)

PREPARATION

1. Heat the oven to 400° F.
2. In a blender, combine the broth, 1 cup of tightly-packed spinach, and the cilantro. Blend until mostly smooth.
3. In a large, ovenproof pot (like a Dutch oven), melt the butter. Add the minced onion and garlic and cook, stirring, until soft and translucent, 3 to 4 minutes.
4. Add the rice and salt and stir to coat the grains in butter. Pour in the green broth and add the beans and peas. Cover the pot and bake for exactly 17 minutes. If the liquid is not fully absorbed, send the pot back into the oven for 10 or 15 additional minutes.
5. Remove the pot from the oven and use a fork to fluff it. Add the mint, lemon zest, goat cheese, and remaining 1 cup tightly-packed spinach. Taste for salt.
6. Top with a poached egg, if you'd like.