

One-Pot Spinach, Beans & Rice: Wholesome & Flavorful Meal

There's nothing quite like the ease and satisfaction of a truly delicious one-pot meal. This



TIME
3 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

1 cup white rice, rinsed and drained
2-3 cups fresh baby spinach
2 tomatoes, diced
1 medium onion, diced
2-3 cloves garlic, minced
1 cup canned pinto or black beans, rinsed and drained
2 cups low-sodium chicken stock or vegetable stock (use water for vegan)
1½ teaspoons curry powder
1 teaspoon cooking oil (such as olive oil or canola oil)
Salt and pepper, to taste
1-2 tablespoons fresh chopped cilantro
Lime slices

DIRECTIONS

- SautØ Garlic:** Heat 1 teaspoon of cooking oil in a large skillet (one with a lid, preferably) over medium heat. Add the minced garlic and sautØ for about 30 seconds until it becomes fragrant. Be careful not to burn it.
- SautØ Onion:** Add the diced onion to the skillet and continue to sautØ for about 2-3 minutes, stirring occasionally, until it becomes soft and translucent.
- Add : Tomatoes:** Stir in the diced tomatoes and cook for about 3-4 minutes, continuing to stir, until they soften and start to break down slightly.
- Wilt : Spinach & Add Rice:** Add the fresh baby spinach and the rinsed and drained rice to the skillet. Stir gently until the spinach just wilts down.
- Mix in : Beans & Stock:** Mix in the rinsed and drained pinto or black beans. Pour in the low-sodium chicken stock or vegetable stock (or water if using). Stir everything well to combine.
- Season and : Simmer:** Bring the mixture to a gentle boil. Season generously with curry powder, salt, and pepperto taste. Stir again.
- Cover and : Cook:** Once boiling, cover the skillet tightly with its lid and reduce the heat to low. Simmer for 18-20 minutes, or until the rice is tender and all the liquid has been absorbed. Avoid lifting the lid during this time, as it lets out steam crucial for cooking the rice.
- Garnish and : Serve:** Remove the skillet from the heat. Let it rest, covered, for 5 minutes before fluffing the rice with a fork. Garnish with fresh spinach leaves, chopped fresh cilantro, and lime slices if

desired. Serve warm and enjoy your vibrant one-pot meal!

SWAPS & NOTES

Rice: White rice cooks relatively quickly and evenly here. You could experiment with brown rice, but it would require more liquid and a longer cooking time (adjust accordingly).

Always rinse your rice to remove excess starch for a fluffier result.

Spinach: Fresh baby spinach wilts down quickly.

TIPS FOR SUCCESS

Rinse Rice Thoroughly: This helps remove excess starch, preventing the rice from becoming gummy and ensuring a fluffier texture.

Don't Overcook Garlic: Garlic burns quickly and can turn bitter.

Tight Lid is Key: A tightly fitting lid traps the steam, which is essential for cooking the rice properly.

Adjust Liquid if Needed: Different types of rice or varying stovetop temperatures can affect liquid absorption.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/one-pot-spinach-beans-rice-wholesome-flavorful-meal/>