

Spanakorizo with white beans — 4 servings

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You will need:

- 1/2 Tbsp olive oil
- 1 1/4 cups dry long-grain brown rice
- 1 tsp onion powder
- 1/2 tsp dried oregano
- 1/2 tsp salt
- ground black pepper
- pinch of ground nutmeg
- 3 cups vegetable broth
- 4 cups chopped fresh spinach (thick stems removed)
- 15-oz can cannellini beans, drained and rinsed
- 3 Tbsp chopped fresh mint leaves
- zest of half a lemon
- 1/4 tsp dried dill

Steps:

- 1 Add the oil, rice, onion powder, oregano, salt and pepper, nutmeg, and broth to a medium saucepan. Heat over medium-high until the mixture boils; reduce to low, cover, and simmer 25 minutes.
- 2 After 25 minutes, stir in the spinach and beans; continue cooking for about 10 minutes, or until the rice is tender and the liquid has been absorbed.
- 3 Fold in the mint, lemon zest, and dill; allow to stand for 5 minutes. Fluff with a fork and serve hot.

