



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Mediterranean Rice and Beans Recipe

Yield: 4 Servings

Ingredients

- 1 cup white rice
- 1 bell pepper, diced
- 1 teaspoon dried oregano
- 2 tablespoons olive oil
- 1 medium tomato, chopped
- Salt and pepper, to taste
- 1 medium onion, chopped
- 1 teaspoon ground cumin
- 2 cups vegetable broth or water
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- Juice of 1/2 lemon
- 1 can (15 oz) chickpeas, drained & rinsed
- 2 cups fresh spinach, chopped
- 1 can (15 oz) cannellini beans, drained and rinsed
- Fresh parsley or mint, chopped (for garnish)
- Optional:** crumbled feta cheese, olives, or pine nuts

Instructions

1. Heat olive oil in a large skillet or pot over medium heat. Add chopped onion and garlic; sauté until softened, about 3-4 minutes.
2. Stir in diced bell pepper and chopped tomato. Cook for 2-3 minutes until vegetables begin to soften.
3. Sprinkle in cumin, paprika, oregano, salt and pepper. Stir to coat vegetables evenly with the spices.
4. Add the rice to the skillet, stirring to combine with the vegetable and spice mixture.
5. Pour in the vegetable broth or water, bringing mixture to a boil. Once boiling, reduce heat to low, cover, and simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.
6. Gently fold in the chickpeas, cannellini beans, and chopped spinach. Cover and let it sit for 5 minutes until the spinach wilts.
7. Squeeze fresh lemon juice over the dish and garnish with chopped parsley or mint. Optionally, top with crumbled feta cheese, olives, or pine nuts for added flavor and texture.

Enjoy!

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