



Tomato Rice: Middle Eastern Inspired

QUICK MEALS: PANTRY/FREEZER INGREDIENTS

Serves 3-4 adults.

Ingredients:

- Chopped tomatoes, 1 can - 400 grams/ 14.1 ounces
- Cannellini beans, 1 can - 400 grams/14.1 ounces
- Rice(long grain) - 2 cups
- Frozen peas - 1 cup
- Cumin powder - 1 teaspoon
- Coriander powder - 2 teaspoons
- Salt and pepper to taste
- Water 3 cups

Wash and soak your rice for at least 30 minutes.

Drain and rinse your cannellini beans under running water.

I prefer to cook my rice in my rice cooker, but you can certainly use the absorption method to cook your rice on the stove.

Add all of your ingredients (except the peas) into your pot to cook over the stove or place in your rice cooker.

With the peas, I don't like them to be overcooked so I steam for a few minutes separately and then add them at the end.

Gently mix your peas, cooked rice and beans, then you're ready to serve.

1 of 1 for recipe