

BLACK BEAN ONION PILAF – VEGAN, GLUTEN-FREE



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INGREDIENTS

- 1 medium red onion, chopped (reserve 2 tbsp, finely chopped, for topping)
- 2 garlic cloves, chopped
- 1 carrot, thinly sliced
- 4-5 crimini (or button) mushrooms, sliced
- 1/4 cup bell pepper, chopped (optional)
- 2 cups vegetable broth or water
- 1 cup brown rice (jasmine, long grain, short grain, basmati)
- 1 cup greens, chopped (swiss chard, kale, collard greens, or spinach)
- 1/2 cup green onions or chives, chopped
- 1 1/2 cups black beans, cooked (1 can is ok, rinse and drain well)
- 1/2 tsp salt
- 1/2 tsp chili powder
- 1/4 cup nutritional yeast (optional, but tasty)
- 1/2 tsp fresh lemon juice
- 1 Tbsp medium-high heat oil of choice

PREPARATION

In a deep skillet, add tablespoon of oil and saute onion,

garlic, mushrooms, pepper, and carrot for 2-3 minutes.

Add rice and stir 30 seconds until glossy.

Add vegetable broth or water, bring to a gentle boil, reduce heat to low and simmer 20-30 minutes until liquid is absorbed and rice is cooked.

Add chives and greens to pan, along with black beans, salt, chili powder, nutritional yeast, and lemon juice.

Stir well and cover for 1 min to let beans and greens heat through.

Plate and top with finely chopped red onion. Enjoy!

Source: Esme's archive

