

Spanish Rice and Beans

Prep: 15 minutes • Cook: 25 minutes

A warmly spiced, one-pot rice dish with smoky paprika, cumin, and a whisper of saffron, studded with tender kidney beans and briny olives. Comforting yet vibrant, it's hearty enough for a meal and elegant as a side.

Ingredients

- 2.5 tablespoons avocado oil
- 1 medium onion (diced)
- 4 cloves garlic (minced)
- 2 cups long-grain rice
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1/4 teaspoon saffron threads
- 1/2 cup white wine
- 3 cups vegetable broth (reduced-sodium if preferred)
- 1 1/2 cups salsa (mild or medium heat)
- 1 (15-ounce) can kidney beans (drained and rinsed)
- 1/3 cup green olives (sliced)
- to taste salt and pepper
- for garnish fresh parsley (chopped)

Instructions

1. Heat the oil in a large pan over medium heat until shimmering. Add the onion and sauté 3–4 minutes until lightly golden and translucent.
 2. Add the garlic and sauté 1 minute until fragrant.
 3. Stir in the rice and toast, stirring often, until lightly golden and nutty, about 4–6 minutes.
 4. Add smoked paprika, cumin, and saffron; stir constantly and cook 30–60 seconds until fragrant.
 5. Optional: Increase heat to medium-high, pour in the white wine, and cook 1–2 minutes until it cooks off.
 6. Pour in the vegetable broth and salsa. Bring to a boil, reduce to a gentle simmer, cover, and cook 15–20 minutes or until the rice is tender (avoid stirring; peek only as needed).
 7. Remove from heat, fluff with a fork, and stir in the kidney beans and sliced olives. Season with salt and pepper to taste.
 8. Top with chopped fresh parsley and serve.
-

Tags: Vegan, Spanish, One Pot, Rice, Beans, Meal Prep Friendly

Recipe saved with Recipio - [recipio.app](#)