

Rice, Beans, Tofu and Greens

Author: Gena Hamshaw

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins

Serves: 4-6 servings

Ingredients

- 1 tablespoon olive oil
- 1 white or yellow onion, chopped
- 1 small pepper, chopped
- 1 teaspoon ground cumin
- 1 teaspoon chilli powder
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon Himalayan salt
- 270 g cooked black beans, or 1 (400-g) can, drained and rinsed black beans
- 1 (400-g) tin crushed tomatoes
- 185 g brown basmati rice (rinsed in cold water a couple of times) (cooks quicker if you sort in boiling water for 30mins)
- 650 ml water
- 1 (425-g) block extra-firm tofu, cut into 3/4-inch (2-cm) cubes
- 1 small bunch spring greens, Swiss chard, proper spinach (the big leaf type), hips cabbage - cut into thin strips
- Freshly squeezed lime juice
- *Optional toppings:* sliced or cubed avocado, chopped fresh coriander, lime wedges

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion and pepper and cook, stirring occasionally, for 5 to 7 minutes, until the onion is tender and translucent. Stir in the cumin, chilli powder, paprika, and salt, then stir in the beans, tomatoes, rice, and water. Add the tofu and stir gently to combine. Bring to a boil, then lower the heat, cover, and simmer, stirring gently from time to time, until the rice is tender, about 40 minutes for brown rice.
2. Add the greens, cover, and simmer for 5 to 10 minutes, until the greens are wilted. Season with lime juice to taste. Taste and adjust the seasonings if desired.
3. Serve right away, with any additional toppings you like.