



Smoky Pinto Bean Stew

with Brown Rice and Cilantro Pesto



30-40min



2 Servings

Cooking perfect rice is hard! Even the pros mess it up sometimes, so this dish is a game-changer because we cook the brown rice like pasta, totally hands off, and you get perfect rice Every. Single. Time. Chopping garlic, scallions, and cilantro together makes a kind-of Southwestern pesto and adds a pop of bright, fresh flavor and color to this hearty, smoky vegetarian dinner. Cook, relax, and ...

What we send

- garlic
- quick-cooking brown rice
- plum tomatoes
- celery
- scallions
- carrots
- pinto beans
- smoked paprika
- fresh cilantro

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

Tools

- saucepan
- fine-mesh sieve

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770.0kcal, Fat 25.1g, Proteins 21.2g, Carbs 123.3g



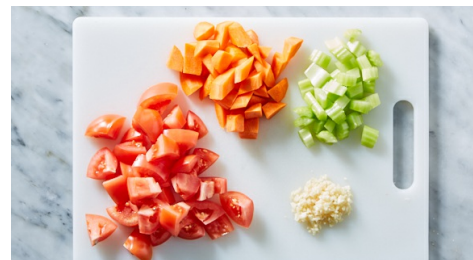
1. Cook rice

Fill a medium saucepan with **2 quarts salted water** and bring to a boil. Rinse **rice** in fine mesh sieve until water runs clear. Add rice to boiling water. Cook, uncovered, over high heat until tender, about 20 minutes. Drain well. Return to saucepan and cover to keep warm.



4. Add beans

Add **beans and their liquid**. Cover and bring to a boil over high, then reduce heat to medium and crush beans lightly with a spoon. Cook, uncovered, until thickened slightly and **carrots** are tender, 7-8 minutes.



2. Prep ingredients

Meanwhile, peel and finely chop **2 large cloves garlic** (about 1 tablespoon). Quarter **tomatoes** lengthwise and cut into ½-inch pieces. Trim ends from **carrots** and peel. Cut both **carrots** and **celery** into ½-inch pieces.



5. Make pesto

While **beans** simmer, trim ends from **scallions**. Finely chop together with **cilantro leaves and tender stems** and the **remaining 1 teaspoon garlic** until a coarse paste forms. Scrape into a small bowl. Stir in **2 tablespoons water, 1 tablespoon oil, and ¼ teaspoon each sugar, salt, and pepper**.



3. Sauté aromatics

In a 2nd medium saucepan, heat **1 tablespoon oil** over medium. Add **paprika**; cook until fragrant, about 1 minute. Add **tomatoes, carrots, celery, 2 teaspoons of the chopped garlic, and ½ teaspoon each salt and pepper**. Cover and cook, stirring occasionally, until beginning to soften, about 10 minutes.



6. Finish & serve

Stir **2 tablespoons pesto** into **stew**. Spoon **rice** into bowls. Top with **stew** and **remaining pesto**. Enjoy!