**Spinach Rice**

Healthy spinach rice loaded with proteins, fibers and vitamins. It is a one pot meal that takes about 30 min to prepare. Ideal for busy times.

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings : [3](https://www.watchwhatueat.com/one-pot-spinach-rice/)

Calories : 350kcal

**Ingredients**

* 1 cup [white rice](https://amzn.to/2rgOiVe) (rinsed and drained)
* 2-3 cups fresh baby spinach
* 2 Tomatoes diced
* 1 medium onion diced
* 2-3 cloves garlic minced
* 1 cup Pinto beans canned (rinsed and drained)
* 2 cup low sodium chicken stock (or vegetable stock or water if vegan)
* 1 1/2 tsp [curry powder](https://amzn.to/37a7Z4v)
* 1 tsp avocado oil or other cooking oil
* salt and pepper

**Instructions**

* Heat oil in a [large skillet](https://www.amazon.com/Lodge-Pre-Seasoned-Cast-Iron-Griddle-10-5-inch/dp/B00008GKDN/ref=as_li_ss_tl?ie=UTF8&qid=1465961870&sr=8-6&keywords=Cast+iron&linkCode=ll1&tag=watchwhatueat-20&linkId=e9002f7d76f6b7083b86f0a3a7b6d482) on medium heat. Add garlic and sauté until fragrant for about 30 sec.
* Add onion and sauté until translucent. Then add diced tomatoes and cook them until they soften for about 3-4 mins.
* Add spinach, beans, rice and cook for a couple of minutes. Now add water, chicken stock or vegetable stock (if vegan) and bring the mixture to a boil.
* Season with curry powder, salt and pepper. Adjust salt and pepper according to taste.
* Simmer the rice mixture for 18-20 min (or until rice is tender) on low heat with lid on.
* Turn off the heat and serve warm to enjoy this nutritious spinach rice.

Source:

<https://www.watchwhatueat.com/one-pot-spinach-rice/>