



## BROWN RICE WITH BEANS

Makes 4 servings.

This dish is nutritious and creamy. It's almost like a risotto and made with many ingredients you will already have in your pantry.

### INGREDIENTS

- 1 cup long grain brown rice
- $\frac{3}{4}$  cup unsweetened coconut milk
- $\frac{3}{4}$  cup water
- One 15.5 ounces can kidney beans, drained
- 4 scallions
- 1 cup loosely packed flat leaf parsley
- $\frac{1}{2}$  cup ricotta or  $\frac{1}{2}$  cup grated mozzarella
- 1-2 tablespoons lime juice
- Kosher salt
- Freshly ground black pepper

### PREPARATION

1. In a medium saucepan combine the rice with the coconut milk and water. Bring to a boil, reduce the heat and cook covered for about 40 minutes. The rice should be tender and the liquid absorbed. If the liquid is absorbed but the rice is not tender, add a little hot water.

2. Add the beans and stir to combine with a fork.
3. Slice the scallions thinly including the green parts and add to the rice. Chop the parsley coarsely and do the same.
4. Finally, combine with ricotta or mozzarella and season to taste with lime juice, salt and pepper.