

Spanish Rice and Beans

A smoky one-pan rice and bean dish with tomato, capsicum and paprika

DIFFICULTY Easy
COURSE Main
CUISINE Spanish



PREP
10 min



COOK
30 min



TOTAL
40 min



SERVES
4



FREEZES WELL
Yes

01 Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 1 capsicum, diced
- 3 garlic cloves, crushed
- 1 tbsp smoked paprika
- 1 tsp ground cumin
- 1½ cups long-grain rice
- 400g tinned diced tomatoes
- 500ml vegetable or chicken stock
- 400g tinned kidney beans, drained, or 2 cups cooked
- ½ tsp salt
- 2 tbsp chopped fresh parsley

02 Method

1. Heat the oil in a large lidded frying pan or pot over medium heat. Cook the onion and capsicum for 5 minutes until soft.
2. Add the garlic, paprika and cumin and stir for 1 minute until fragrant.
3. Stir in the rice to coat it in the spices, then add the tomatoes, stock and salt. Bring to the boil.
4. Reduce to low, cover and cook for 15 minutes without lifting the lid.
5. Stir in the beans, cover again and cook for 5 minutes until the rice is tender and the liquid is absorbed.
6. Rest, covered, for 5 minutes, then fluff with a fork and scatter with parsley.

04 Common mistakes

- **Lifting the lid** — the steam escapes and the rice cooks unevenly.
- **Not toasting the spices** — raw paprika tastes flat; fry it briefly in the oil.
- **Using too much liquid** — the rice goes soft and sticky.

03 Notes & substitutions

- Use any cooked beans - black, cannellini or chickpeas all work.
- Add chopped chorizo with the onion for a meaty version.
- Use homegrown beans cooked from dry, about 1 cup dry beans makes 2 cups cooked.
- Top with a fried egg, avocado or a spoon of yoghurt.

05 Storage & leftovers

FRIDGE	Up to 3 days; cool within an hour and refrigerate promptly, as rice can carry bacteria that survive cooking.
FREEZER	Freezes well for up to 3 months in portions.
REHEATING	Reheat until steaming hot and only reheat once.