

Spanish Paella

Time

Preparation 20 minutes, cook 35 minutes

Ingredients

- 2 tablespoons olive oil
- 2 cups chopped onion
- 1 tablespoon minced fresh rosemary
- 4 cups vegetable stock (low sodium optional)
- 1 cup Arborio rice
- 2 tablespoons tomato paste
- ½ teaspoon ground black pepper
- 1 can (15 ounces) pinto beans - drained
- 1 ½ cups chopped red bell pepper
- 1 ¾ cups chopped zucchini
- ½ teaspoon salt (optional)
- ¼ cup minced parsley (optional garnish)
- 1 tablespoon freshly squeezed lemon juice

Directions

- 1) Preheat oven to 425°F.
- 2) In cast iron skillet, over medium heat, sauté oil, onion and rosemary. About 10 minutes until onion starts to caramelize.
- 3) Add water, rice, tomato paste, vegetable stock paste and black pepper. Cook, uncovered about 15 minutes until most of the water has evaporated.
- 4) Add beans, bell pepper, zucchini and salt. Place in oven and bake 10 minutes.
- 5) Garnish with parsley and lemon juice.

Yields/Servings

Makes 7 cups. Serves four, 1 ½ cup servings per person.

Nutrition Per Serving

390 calories, 11 grams protein, 11 grams fiber, 8 grams fat, 377mg sodium (using no added salt & low sodium broth)/ 668mg sodium (with salt). This paella is an excellent source of fiber, plant based protein & anti-oxidant Vitamins A & C.