

# Lifestyle Coaching and Food Institute



# Vegetable Paella

## Yield: 6 Cost Per Serving: \$0.97 Cook Time: 40 Minutes

#### Ingredients:

- 1 Tbsp olive oil
- 1 medium white onion, chopped
- 1 red or green bell pepper, chopped
- 1 cup medium-grain rice
- 1/8 teaspoon turmeric
- 2 cups broth, chicken, or vegetable

- 2 medium tomatoes, chopped
- 1 can (15oz) white beans (cannellini, navy or great northern), drained and rinsed
- 1/8 tsp paprika
- 1/8 tsp dried thyme
- 1 cup frozen peas
- 2 Tbsp chopped fresh parsley

### **Directions:**

- 1. In a large skillet or paella pan, heat the olive oil over medium-high heat. Add the onion and bell pepper and cook for 2 to 3 minutes, stirring often until the vegetables have softened.
- 2. Stir in the rice and turmeric and cook 1 minute more.
- 3. Add the broth, tomatoes, white beans, paprika, and thyme. Bring to a boil, stir once, cover, and reduce heat to low. Cook for 25 to 30 minutes, until all the liquid has been absorbed.
- 4. Add the peas and parsley. Remove from heat and let sit, covered, for 5 to 10 minutes before serving.