



Brown Rice Vegetable Paella

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup artichoke hearts canned rinsed
- 1.5 cup cannellini beans cooked drained
- 15 ounce tomatoes diced canned
- 1.5 tablespoon garlic clove minced
- 12 ounce green beans frozen italian thawed drained (preferred)
- 2 cups onion chopped
- 2 teaspoons bell pepper smoked sweet ()
- 0.5 large bell pepper red cut into thin slices

- 0.5 teaspoon saffron threads crushed (threads,not powdered)
- 8 servings pepper black freshly ground to taste
- 2 cups short grain brown rice
- 4 cups vegetable stock divided

Equipment

- frying pan
- wok
- colander

Directions

- Add the rice and continue to boil, uncovered, for 15 minutes.
- Drain water completely (a colander helps) and allow rice to dry for up to an hour.
- Heat a large, deep skillet or flat-bottomed wok.
- Add the chopped onion and salt and pepper to taste. Cook, stirring, until onion softens, 4–6 minutes.
- Add the garlic and tomatoes. Cook, stirring and breaking up large pieces of tomato with the back of the spoon, until mixture thickens and most of the liquid boils off. Stir in the drained rice, paprika, and saffron broth and cook for another couple of minutes.
- Add 3 cups of the warm broth and the butter beans and bring to a boil. Taste the broth to see if it's salty enough and add salt and pepper to taste. Reduce heat to a simmer and cook for 20 minutes. Stir in the Italian beans. Increase heat until boiling again, if necessary, and then reduce heat to a simmer. Cook for 10 minutes. Arrange the bell pepper and artichoke hearts over the top of the rice. If the rice seems to be drying around the edges but is still not cooked, drizzle in a little more broth (1/4 to 1/2 cup) around the edges. Cover pan and cook on low for 10 minutes. Check to see if rice is tender and liquid is absorbed. If rice is done but there is still a lot of liquid, remove the cover and cook until liquid boils off. If rice is not done, add a little more broth or water, if necessary, cover, and cook on low until tender. When rice is cooked, if there is excess liquid in the pan, remove the cover and allow it to boil off (paella should be moist but not swimming in liquid).
- Remove from heat, cover, and let stand until ready to serve.

Nutrition Facts

PROTEIN 12.33% FAT 5.43% CARBS 82.24%

Properties

Glycemic Index:46.59, Glycemic Load:24.01, Inflammation Score:-8, Nutrition Score:18.739565082218%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 285.01kcal (14.25%), Fat: 1.74g (2.67%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 59.22g (19.74%), Net Carbohydrates: 51.52g (18.73%), Sugar: 6.35g (7.06%), Cholesterol: 0mg (0%), Sodium: 797.72mg (34.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.75%), Manganese: 2.28mg (114.01%), Vitamin C: 28.69mg (34.78%), Fiber: 7.7g (30.8%), Magnesium: 110.51mg (27.63%), Vitamin B6: 0.51mg (25.63%), Vitamin B1: 0.35mg (23.03%), Phosphorus: 230.07mg (23.01%), Vitamin K: 20.74µg (19.75%), Vitamin A: 967.24IU (19.34%), Folate: 75.09µg (18.77%), Vitamin B3: 3.24mg (16.21%), Potassium: 543.5mg (15.53%), Copper: 0.31mg (15.49%), Iron: 2.73mg (15.17%), Vitamin B5: 1.09mg (10.89%), Zinc: 1.59mg (10.63%), Calcium: 84.45mg (8.44%), Vitamin B2: 0.14mg (8.06%), Vitamin E: 0.73mg (4.85%), Selenium: 2.1µg (3%)