

Israeli Rice and Beans

Recipe By *Danielle Renov*



Cooking and Prep:  1 h

Serves:  6

No Allergens

Preference: Parve

See [Israeli Stewed Beans Become Two Satisfying Dinners](#) for more!

Difficulty: Easy

Diet: Vegetarian, Pescetarian,

Vegan, Gluten Free

Cuisines: Israeli

Ingredients (8)

Main ingredients

- 16 ounces dried cannellini beans, soaked over night in water
- 2 tablespoons [Gefen Canola Oil](#)
- 1 yellow onion, diced
- 2 teaspoons salt
- 1 teaspoon coarse [Gefen Black Pepper](#)
- 3 tablespoons [Tuscanini Tomato Paste](#)

1 teaspoon paprika (in oil is the best)

water to cover

Start Cooking

Prepare the Rice and Beans

1. Set a large pot over medium high heat.
2. Add oil and onion, salt and pepper.
3. Cook, stirring often for about eight minutes until onion becomes translucent.
4. Add beans, tomato paste and paprika. Stir for four to five minutes to allow tomato paste to slightly carmelize.
5. Fill pot with enough water so that it rises about one inch above the beans. Bring pot to a boil, then cover the pot and reduce heat to low.
6. Allow beans to simmer on low heat for one hour until beans are soft. Check pot every 20 minutes or so and if the beans seem dry or they absorbed all the water add more water 1/2 cup at a time.
7. Serve hot, over rice with techina and spicy chug!