

RICE AND BEANS (makes 6 portions)

cashew cream (recipe below)

500 g **mushrooms**

2 tsp **turmeric**

1 tsp **thyme**

2 tsp **smoked paprika**

3 tsp ground **coriander**

2 tsp ground **cumin**

1 tsp ground **all spice**

¼ tsp **cayenne pepper**

1 tbsp **tamari**

1 large **onion**

5 to 6 **garlic** cloves

1 **chilli**

3 **spring onions**

2-3 **celery stalks**

1 tbsp **tomato puree**

2 tins **tomatoes**

1 large **carrot**

2 medium **potatoes**

2 medium **sweet potatoes**

handful of **green beans**

200 g **kale**

1 tin **red kidney beans** (drained & rinsed)

1 tin **black beans** (drained & rinsed)

1 cup **peas** or **sweetcorn**

2 cups **basmati rice** (soaked for 2 hrs then washed & drained)

Sauté the **mushrooms** with oil until soft and save to a bowl.

Heat the spices in some oil until fragrant, then add the tamari.

Add the **onion, garlic, chilli, spring onions** and **celery** and stir-fry until soft. Add water if necessary.

Add the **puree** and **tomatoes**, mix in thoroughly.

Add the **vegetables**, mixing in thoroughly. Cover and cook on a low heat for 15 mins.

Add the **beans, peas, basmati rice** and **cashew cream**. Cover and cook for 5-10 minutes

(until the rice and veg are done), stirring regularly, adding the mushroom liquid/ water if necessary.

Add the **mushrooms** and turn off the heat. Let it all rest, covered, for 5-10 mins.

cashew cream

¾ cup **cashews** (soaked overnight, then drained)

1.5 tbsp **olive oil**

1.5 dsp **lemon juice**
1.5 dsp **apple cider vinegar**
1 tsp **mustard**

Blend everything with some water until a creamy texture is achieved.

<https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#rice-and-beans>