Rice and Pinto Bean Skillet

Three substantial rice-and-bean main-dish bowls · Active 25 min · Total 1 hr 10 min

Skills: Measuring combined tomato liquid and cooking raw rice in a covered bean skillet

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 1 cup dry long-grain white rice (180 g), rinsed and well drained
- 1 teaspoon ground cumin (2 g)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, drained with all juice reserved
- Water added to the reserved tomato juice to make 1 7/8 cups/450 ml total cooking liquid
- 2 cans cooked pinto beans, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- 1 cup plain frozen chopped bell peppers (150 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)
- Up to 1/4 cup extra hot water (60 ml), only if rice needs it

Set out

Deep skillet with a close-fitting lid, about 10 inches/26 cm across and at least 3 qt/3 L, Strainer set over a measuring jug, Fork and broad spoon, Shallow containers for leftovers

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Drain tomatoes over the measuring jug, keeping both pieces and juice. Add water to the juice to make 450 ml total cooking liquid. Keep this separate from the optional extra 60 ml hot water.

2. Heat oil in the skillet over medium heat. Cook onion for 7–8 minutes until soft. Add drained raw rice and cumin and stir for 1–2 minutes.

3. Add tomato pieces, measured 450 ml liquid, drained pinto beans, frozen peppers, salt and pepper. Stir once to distribute and bring to a steady simmer. Cover tightly, reduce heat to low and cook for 20–25 minutes, or longer if the rice packet needs it, without repeated stirring.

4. Check a few grains near the center: they must be tender with no hard core, and peppers must have completed at least their package cooking time. If rice is still firm and the pan is dry, add extra hot water 1 tablespoon/15 ml at a time, up to 60 ml, cover and cook for another 3–5 minutes. If tender but very wet, simmer uncovered briefly to remove excess liquid.

5. Remove from heat and rest covered for 10 minutes. Fluff gently and divide the complete skillet among 3 bowls. Begin quick shallow cooling promptly for any portions not eaten.

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A can of beans is already cooked

This timing depends on commercially canned pinto beans. Dried beans require their own full preparation and cannot be tipped raw into the skillet with the rice.

Ingredient labels

No major allergen ingredient is deliberately included in this base. Check the actual canned products, frozen peppers and spice labels for sauces, added ingredients and cross-contact information; this is not an allergen-free guarantee.

A useful detail

The 70-minute total includes onion cooking, bringing a crowded skillet back to a simmer, a full rice stage and a ten-minute covered rest. Brown rice or cooked pouch rice is not an identical substitution.

Keep it well

Cool rice portions quickly, ideally within 1 hour, and refrigerate at 40°F/4°C or below. Use within 24 hours of cooking the rice and reheat a portion only once to 165°F/74°C throughout. Freeze promptly cooled portions within that window for up to 1 month; thaw in the refrigerator and reheat once promptly. Keep the original rice date even if later served inside a wrap or another dish.