



one pot pesto chickpeas and rice

featured product:

baby spinach

so creamy, so flavorful, so vegan-friendly and hearty!

combining onions, peppers and spinach makes this pesto pot a meal you'll want to make again and again. bonus, it makes great leftovers.



ingredients

- 1 can chickpeas
- 1 ½ cups jasmine rice
- 1 cup sliced sweet bell peppers
- 1 onion
- 3 garlic
- 1 tablespoon olive oil
- 1 zucchini
- 3 cups vegetable broth
- 1 clamshell [organicgirl baby spinach](#)

homemade pesto:

- 1 handful fresh basil
- 2 garlic cloves
- ¼ cup pine nuts
- ¼ cup dairy-free parmesan cheese
- 1 lemon
- ¼ cup olive oil

directions

instructions:

1. prepare the pesto by combining the fresh basil, garlic cloves, pine nuts, dairy-free parmesan cheese, lemon juice, and olive oil in a food processor or blender; pulse until the mixture is well combined. Set aside.
 2. in a large pot or dutch oven, heat 1 tablespoon of olive oil over medium heat.
 3. add the diced onion and minced garlic; sauté until the onion becomes translucent.
 4. add the sliced sweet bell peppers; cooking for another 3-4 minutes until the vegetables start to soften.
 5. add the pesto to the vegetables and mix until combined; add zucchini.
 6. stir in the jasmine rice, then pour in the vegetable broth. bring the mixture to a boil.
 7. reduce the heat to low, cover, and simmer for about 15-18 minutes, or until the rice is cooked and has absorbed the broth.
 8. once the rice is cooked, stir in full clamshell of baby spinach.
 9. stir in the chickpeas until everything is well combined and the spinach is wilted. serve hot.
- optional:** garnish with extra fresh basil or a sprinkle of dairy-free parmesan cheese.