Indian Rice and Beans

1 cup brown rice	1/3 lemon, juiced
2 cups chicken stock or vegetable stock (vegetarian)	½ bunch cilantro
½ yellow onion, diced	½ bunch spinach or any dark leafy green vegetable, chopped
1 zucchini, diced	1 Tbl Garam Masala spice **
1 yellow crooked neck squash, diced	1 Tbl garlic powder
½ green pepper, diced	½ Tbl cayenne
½ red pepper, diced	1 Tbl salt
1 jalapeno, finely diced	1 Tbl black pepper
4 cloves garlic, finely chopped, divided	1 tsp ground ginger
1 cup cooked kidney beans, no liquid	½ Tbl ground cumin
1 cup cooked black beans, no liquid	Olive oil
Zest of 1 lemon	1 cup plain yogurt

Preparation:
1. Place rice and chicken stock in rice cooker. Season with ½ the salt, ½ the pepper, ginger and cumin. Cook until done, then fluff with fork.
2. In the mean time, take the drained beans, put into microwave bowl and heat for 2 minutes in microwave.
3. In a sauté pan, get pan hot and then pour olive oil to coat. Sauté onion for about 3 minutes then add in the zucchini, peppers and ½ the garlic. Add garlic powder, salt and pepper, cook for another 3-5 minutes.
4. Remove to a medium size bowl and stir in the uncooked spinach. Let sit for 5 minutes minimum, stir again.
5. In a small bowl take the yogurt, lemon juice and Garam Masala and mix together, set aside. In another small bowl take the remaining garlic, jalapeno, cilantro and lemon zest, set aside.
6. In the large bowl with the beans, add the rice, the vegetable mixture, the garlic/jalapeno mixture and mix all together. Serve with 1-2 dollops of the yogurt mixture on top.

Serves 4.

** Garam Masala: A blend of ground spices found in specialty food stores or Indian grocery stores. Not usually spicy hot, but quite tasty.

We originally served this with the 2009 Saintsbury Carneros Pinot Noir "Garnet", a lighter, fruitier Pinot which worked perfectly with this dish. The fruitiness, and almost imagined sweetness, just added to the spices and flavors from the dish.

Recipe developed July 2010 by Lori and Larry. Enjoy!