

Israeli Rice and Beans

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-rice-recipe>

Ingredients:

- 1 1/4 pounds navy beans 500 grams
- 1 onion large, sliced
- 4 garlic cloves minced
- 3 tablespoons tomato paste
- 2 tablespoons cumin
- 2 tablespoons paprika
- 2 tablespoons sugar
- 2 tablespoons chicken soup powder, chicken bullion powder
- 1/2 teaspoon baking soda
- 1 quart water 1 liter
- 1 tablespoon salt 15 grams
- olive oil
- pepper

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 39 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 2080 milligrams
8. Sugar: 9 grams

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