

Khichuri (Bangladeshi Rice & Bean One-Pot)

Bangladesh - vegetarian main - beans variation - serves 4-6 - about 40 minutes



Photo: Lambros - prepared with beans instead of lentils.

Ingredients

- 1 cup basmati rice
- 1 can beans, drained and rinsed (kidney beans, borlotti beans, or mixed beans), about 240 g drained weight
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 2-3 cm fresh ginger, grated (or 1 tsp ground ginger)
- 1 tomato, chopped (or 1/2 can chopped tomatoes)
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp ground coriander
- 1 bay leaf (optional)
- 1 small cinnamon stick or 1/2 tsp cinnamon (optional)
- 2-3 tbsp oil or ghee
- 2 1/2 to 3 cups water or vegetable stock, plus a little extra if needed
- Salt
- Optional: 1-2 cups mixed vegetables, such as carrot, peas, or cauliflower
- To serve: plain yogurt, lemon wedges, fresh coriander or mint

Steps

- 1 Rinse the rice until the water runs mostly clear.
- 2 Heat oil or ghee in a pot. Saute the onion for 5-7 minutes until soft. Add garlic and ginger; cook for 30 seconds.
- 3 Add turmeric, cumin, coriander, and the bay leaf/cinnamon if using. Stir for 30 seconds until fragrant.

- 4 Add the tomato and cook for 2-3 minutes until it softens.
- 5 Add rice and any vegetables. Stir to coat in the spices.
- 6 Add 2 1/2 cups water or stock and salt. Bring to a boil, then reduce to a gentle simmer.
- 7 Cover and simmer for about 15 minutes, stirring once or twice. Add a splash more liquid if it begins to dry out.
- 8 Stir in the drained beans and cook for another 5-8 minutes, until the rice is tender and the mixture is creamy and thick.
- 9 Taste and adjust salt. Serve with yogurt, lemon, and fresh herbs.

Notes

- This is a practical bean variation rather than the classic lentil version, but it keeps the same comforting, spiced one-pot character.
- Because canned beans are already cooked, add them near the end so they stay intact.
- For extra depth, add 2-3 crushed cardamom pods and 2 cloves with the spices.