

One-Pot Beans, Greens and Grains

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Total Time	40 minutes
Prep Time	5 minutes
Cook Time	35 minutes
Rating	★★★★★ (4,143)

Many filling, flavorful and flexible meals are within reach with this technique: It produces fluffy grains, just-soft-enough greens and creamy and garlicky beans all in one pot. Customize your mix based on your cravings and your pantry: Use any dark leafy greens and any cooked legumes. Use quinoa, rice or a mix of the two for a variety of textures; for other grains, refer to the cooking instructions on their package and add the greens in the last 5 to 7 minutes. You can infuse the grains with flavor by stirring ground spices or other seasonings into the pot. Add brightness with lemon and garnish wildly — or not at all. This meal can be eaten warm or cold, which means lunchtime grain bowls are now easier to pull off.

INGREDIENTS

Yield: 2 to 4 servings

1¾ cups water or broth
1 cup quinoa, long-grain white
rice or a mix of the two, rinsed
Salt and black pepper
1 (14-ounce) can of any beans
1 small garlic clove
2 tablespoons extra-virgin olive
oil
1 bunch collard greens, kale,
spinach or other hearty dark
leafy green

PREPARATION

1 lemon

Toppings (optional): toasted nuts or seeds, fresh herbs, grated or crumbled cheese, soft-boiled egg, avocado, hot sauce or other sauces and so on

Step 1

In a large pot or Dutch oven, bring the water, quinoa and a generous pinch each of salt and pepper to a boil over high. Cover, reduce heat to low and simmer for 13 minutes.

Step 2

While the quinoa cooks, drain and rinse the beans, then transfer to a small bowl. Finely grate the garlic over the beans, then add the oil and a pinch each of salt and pepper, and stir to combine. Set aside. Remove and discard any tough stems from the greens, then roughly chop the leaves.

Step 3

After 13 minutes, arrange the greens on top of the quinoa and season well with salt and pepper. Cover and cook until the quinoa is tender, 5 to 7 minutes. (When the quinoa is tender, it's also translucent and has a thin white tail.) Remove the pot from heat, scrape the beans over the greens, then cover the pot and let sit for 5 minutes.

Step 4

Finely grate some of the lemon zest over the beans and greens, then cut the lemon into wedges. Eat the beans, greens and grains with a squeeze of lemon juice, salt and pepper to taste and any toppings you like.

Private Notes

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