



Jollof Rice (8 servings)

Ingredients

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| 1 can (14.5 oz) diced tomatoes - <i>undrained</i> | 2 tsps grated fresh ginger |
| 2 med red bell peppers | 2 bay leaves |
| 1/2 habanero pepper | 2 tsps kosher salt |
| 1/2 cup yellow onion - <i>chopped</i> | 2 tsps dried thyme leaves |
| 1/3 cup vegetable oil | 1 tsp ground red pepper |
| 1/2 yellow onion, sliced | 4 cups vegetable stock |
| 3 Tbsps tomato paste | 3 cups long-grain brown rice - <i>uncooked, rinsed</i> |
| 2 tsps minced garlic | Flat-leaf parsley - <i>garnished</i> |

Preparation

- Add bell peppers, diced tomatoes, scotch bonnet peppers and chopped onions in a blender and pureé.
- Sauté sliced onions in a large pot until soft.
- Add tomato paste and cook about 2 minutes.
- Add garlic, ginger and bay leaves and cook about 2 minutes longer, stirring frequently.
- Combine tomato and pepper pureé, simmer for 10 to 12 minutes until sauce thickens.
- Stir in salt, thyme, curry powder, and cayenne.
- Stir in rice and coat well with sauce.
- Add vegetable stock and bring to a boil and stir.
- Cover and reduce heat to low and cook for about 30 to 40 minutes until done and rice is the desired texture.
- Garnish with parsley.

Serving Suggestion: Add a cup of peas/chopped carrots for additional vegetables.