

JOLLOF RICE



INGREDIENTS:

- 1/4 cup peanut oil
- 1 tbsp fresh thyme
- 1/2 tsp curry
- 1 tbsp paprika
- 1-2 tsp cayenne
- 1/2 inch ginger (grated)
- 1 tsp salt
- 1 small onion
- 1/2 cup chopped celery
- 1 tbsp minced garlic
- 1 green bell pepper
- 3 tbsp tomato paste
- 15 oz can crushed tomatoes
- 1/2 cup chopped carrots
- 2 cups rice
- 1 cup peas
- 2 c chicken stock + 3 c water

DIRECTIONS:

1. Add oil to a large pot, heat on medium heat
 2. Once oil is hot add chopped onion, thyme, curry, paprika, cayenne, grated ginger, and salt. Cook for ~5 minutes
 3. Add minced garlic, chopped celery, bell pepper. Mix and cook for ~5 minutes
 4. Add tomato paste, canned crushed tomatoes, chopped carrots, and rice. Mix well. Finally add chicken stock and water. Cover and cook on medium heat for 30-40 minutes
 5. Add peas when there's 10 minutes left in cooking time
 6. Rice is done when it's soft and all the liquid is absorbed
 7. Optional: Garnish with cilantro
- Enjoy!

Makes 18 serving | 1 Serving = 1/2 cup
Calories: 129 | Protein: 3 g | Carb: 22 g | Fat: 2 g | Fiber: 2 g