

RECIPE CARD HANDOUTS

OLDWAYS JOLLOF RICE

This traditional West African rice dish is a hit at dinner, layered with warm spices and seasonings.

Serves: 8

Ingredients:

- 1 (15-ounce) can diced tomatoes, drained (save liquid)
- 4 cups liquid (see step below)
- 2 cups uncooked brown rice
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped (about 2 cups)
- 2-3 garlic cloves, minced
- 1 large carrot, chopped (about 1 cup)
- ¼ head of green cabbage, chopped (about 2 cups)
- 2 tablespoons tomato paste
- 1 teaspoon turmeric
- 1 teaspoon thyme
- ½ teaspoon red pepper flakes



1. Drain liquid from the diced tomatoes into a measuring cup. Add enough water to equal 4 cups of liquid total, and put in a medium-sized pot with the brown rice. Bring to a boil, then cover and simmer until rice is tender to your taste, about 30 to 35 minutes.
2. While the rice cooks, heat the oil in a large pan. Cook the onion and garlic until onion is soft and translucent, about 5 minutes. Add chopped carrots and cabbage, tomato paste and tomatoes, and spices. Simmer with the lid on for a few minutes on low heat until the vegetables are done to your taste. Adjust spices to taste.
3. When the rice is done, mix it with the vegetables, or simply serve the rice with other ingredients on top. Garnish with a little parsley if you'd like.

*Calories: 284, Total Fat: 5g, Saturated Fat: 1g,
Sodium: 97mg, Carbohydrates: 54g, Fiber: 6g,
Sugars: 4g, Protein: 7g*

