

Jollof Rice

Lydia O. Omotosho
West Africa (Nigeria)

Serves: 4 people

Yield: 8 cups

Time: 1:15 hours

Ingredients

1 pound of chicken breast, cubed
2 tablespoons of canola oil
1 yellow onion, diced
1 red bell pepper, seeded and diced
3 cloves of garlic, minced
4 cups of water or vegetable stock
(see page 66)
1 teaspoon of sea salt
1/2 teaspoon of black pepper
1/4 cup of tomato paste
2 carrots, peeled and diced
2 cups of brown or white rice (see page 68)
2 cups of tomatoes, chopped
1 cup of cabbage, chopped
1 cup of green beans cut into 1-inch pieces

Directions

- ✦ Heat oil in a large pot over medium high heat. Brown chicken. Add onion, bell pepper and garlic. Cook, stirring until the onions have softened, about 3-5 minutes.
- ✦ Add the water or vegetable stock, salt, pepper, tomato paste and carrots and bring to a boil.
- ✦ Drain and rinse the rice and add to the pot. Return to a boil. Reduce heat to a simmer and cook, uncovered for about 20 minutes.
- ✦ Add the tomatoes, cabbage and green beans. Stir gently. Cover and cook until the rice is tender and the chicken is cooked for about 20 minutes.
- ✦ Let rest about 10 minutes before serving.

Did You Know?

This recipe is filled with a variety of plant foods such as vegetables and whole grains that help lower risks for many types of cancer. High in fiber and low in starch, these vegetables are also low in calories, which help with weight management.

