



Caribbean Brown Rice

Ingredients:

2 cups brown rice
¼ cup canola oil
½ cup chopped red peppers
½ cup chopped green peppers
½ cup chopped red onions
¼ cup chopped carrots
¼ cup green peas
¾ cup of corn
2 cloves of garlic
¼ cup tomato paste
¼ cup of cilantro
1 tsp cumin
1 tsp paprika
1 t of store-bought sofrito*
salt and black pepper to taste

Directions:

In one pot, combine tomato paste, cumin, paprika, corn, carrots, and peas with 4 cups of water and boil at low to medium heat

In large saucepan on medium heat, sauté peppers, garlic, and onions in canola oil, with salt and pepper until onions are soft.

Add the rice and sofrito to the sauted vegetables and stir for about 5 minutes

Combine everything in one pot, add cilantro, and cook till all water is

absorbed

Turn stove off and keep lid on pot for about 15 minutes to let everything meld together before serving