

Spanish Rice

(Arroz con Tomate)

½ cup red or yellow bell pepper, chopped

¼ cup onion, chopped

1 clove garlic, minced

1 cup long grain rice

1 cup fresh tomatoes, peeled and chopped

1 teas salt

1/8 teas fresh ground pepper

2 cups chicken stock

½ teas dried basil, crushed

½ teas dried rosemary, crushed

2 Tbls. olive oil (or vegetable oil)

1. In a skillet cook peppers, onion, garlic, basil, and rosemary in hot oil until vegetables are tender.

2. Stir in rice until combined. Add chopped tomato, salt, and pepper. Combine. Add chicken stock.

3. Cook, covered, over low heat for about 20 minutes or until the rice is done and most of the liquid has been absorbed.

Yield: 6 servings.

