

Spanish Rice

(Arroz con Tomate)

¼ cup onion, chopped
1 clove garlic, minced
1 teas salt
2 cups chicken stock
½ teas dried basil, crushed
½ teas dried rosemary, crushed
2 Tbls. olive oil (or vegetable oil)
1 cup long grain rice
1 cup fresh tomatoes, peeled and chopped
½ cup red or yellow bell pepper, chopped
1/8 teas fresh ground pepper



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.