



Fuel the Body
Fuel the Soul

Jollof Rice



PREP TIME
10 MINUTES



COOK TIME
45 MINUTES



SERVINGS
ABOUT 4

Ingredients:

1/3 cup vegetable oil	3-4 cups stock
4 Roma tomatoes	2 tsp unsalted butter
2 red bell peppers	2 cups long-grain rice
1 red onion	1 lb chicken or beef
1 hot pepper	1 tsp dried thyme
2 tbs tomato paste	2 tsp Caribbean curry powder
Salt and pepper	

Procedure:

1. Bring pot with rice to boil, cook for 2 mins, then drain.
2. Cook chicken or beef until tender or to taste. Set aside.
3. Blend onion, hot pepper and tomatoes then cook in a frying pan with oil for 2-5 mins.
4. Add beef or chicken broth and stir.
5. Add rice and remaining spices to the pan. Add bell pepper last so that it is not overcooked.
6. Cover and cook slowly until rice is soft.
7. Serve with meat and enjoy!



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OF CARONDELET