



JOLLOF RICE

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Serves 4-6
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Prep Time: 30 minutes

Cook Time: 1.5 hours

INGREDIENTS

- 1/3 C oil (not olive oil)
- 6 med plum/roma tomatoes
- 6 poblano/red bell peppers* (no seeds)
- 3 med red onions
- 1 hot pepper* to taste (optional)
- 3 T tomato paste
- 2 t Carribean/Jamaican style curry powder*
- 1 t dried thyme*
- 2 dried bay leaves*
- 5-6 C of stock* (beef, chicken, vegetable)
- 4 C of uncooked rice
- 2 t butter*
- salt and black pepper* to taste

INSTRUCTIONS

- In a blender (or by hand) combine tomatoes, red poblano/red bell pepper, 2 onions chopped, hot pepper (optional), and 2 C of stock. Blend until smooth. Pour into a large pot/pan and bring to a boil. Once boil is rolling, turn down heat and simmer partly covered for 12 mins.
- In a large pan heat oil and add 1 onion thinly sliced, season with salt, and stir-fry for 3 mins. Add bay leaves, curry powder, thyme, black pepper, and stir-fry for 4 mins on med heat.
- Add tomato paste, and stir for 2 mins. Add in blended mixture, reduce heat slightly, and simmer for 10 mins partly covered.
- Add 4 C of stock to the sauce, and boil for 2 mins.
- Add rinsed rice and butter, cover with foil, then lid and cook on lowest heat for 30 mins. OPTIONAL: add more butter, sliced onions and fresh tomatoes to taste, stir thoroughly.
- Stir through, let rest and enjoy.

Jollof Rice is one of the oldest and most popular dishes eaten across all of West Africa. This iconic dish is a staple in celebratory and social gatherings. Many different variations can be found around the region. This one pot dish can be made with a variety of meats and vegetables and is high in protein and fiber.

RECIPE CREDIT: [food52.com/recipes/61557-classic-nigerian-jollof-rice](https://www.food52.com/recipes/61557-classic-nigerian-jollof-rice)

PHOTO CREDIT: [readyseteat.com/recipes-West-African-Vegetarian-Jollof-Rice-9901](https://www.readyseteat.com/recipes-West-African-Vegetarian-Jollof-Rice-9901)

Ingredients marked with an asterisk (*) are not commonly found in the food bank. This shows us how so many cultures are unable to cook their native foods the way they usually would.

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