



INGREDIENTS

- 1/3 Cup Vegetable Oil
- 6 Cups Tomatoes
- 4 Cups Red Bell Pepper
- 3 Cups Red Onion
- Habanero or Scotch Bonnet peppers (to taste)
- 3 Tablespoons Tomato Paste
- 2 Teaspoons Curry Powder
- 1 Teaspoon Dried Thyme
- 2 Bay Leaves
- 5 Cups Chicken Stock
- 4 Cups Long-Grain Rice (enriched or whole grain rich; rinsed)
- Salt and Pepper (to taste)

DIRECTIONS

1. Blend tomatoes, bell peppers, red peppers, onions, and two cups of stock until smooth.
2. Transfer the tomato mixture to a large pot and bring to a boil.
3. Turn down the heat and let the tomato mixture simmer for 10 minutes, partly covered.
4. Heat vegetable oil in a pan. Stir fry some sliced onions and season with salt.
5. After about 3 minutes, add the curry powder, black pepper, thyme and bay leaves. Continue cooking on medium heat for 3 minutes.
6. Stir in the tomato paste. After 2 minutes, add the tomato mixture and cook over medium heat for 10 minutes, partly covered or until the tomato stew is reduced by half.
7. Add the remaining stock to the pan and bring it to a boil.
8. Add the rice. Stir and cover with foil and lid.
9. Turn down the heat and cook for 30 minutes, stirring halfway through.
10. Taste and season your jollof rice as needed.
11. Allow the covered rice to rest for 5 minutes before serving.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

22 Cups

PORTION SIZES

Toddler: 1/2 Cup

Preschool: 1/2 Cup

School Age: 1 Cup

Adult: 1 Cup