

Jollof Rice

From Dr. Buki Okafor

Ingredients:

- ¼ cup avocado oil
- 4 cups Jasmine rice
- 1 can (15 oz.) tomato sauce
- 1 can (14.5 oz) Fire Roasted diced Tomatoes in tomato puree
- 1 Red Bell Pepper
- 1 Fresno Chili
- 1 Red Onion
- [optional] ½ sweet onion
- 4 Frozen Habaneros
- 2 cloves garlic
- 2 pumps squeeze ginger
- ¾ cup olive oil
- 4 cups boiling water
- 1/8 cup boiling water
- 1 tsp salt
- 4 chicken stock cubes
- 2 tbsp curry powder
- 1 thsp dried thyme
- ½ tbsp dried rosemary
- 1/8 cup sweet onions

Directions:

1. Stir fry rice in avocado oil until browned. Keep heat low to avoid burning.
2. Blend tomato sauce, fire roasted tomatoes, bell pepper, Fresno chili, red onion, habaneros (use 1 if mild pepper preferred), garlic, and ginger.
3. Place olive oil in stock pot. Stir fry sweet onions, curry powder, dried thyme and rosemary for about a minute. Reduce heat and add tomato sauce blend. Add chicken stock cubes and salt dissolved in 1/8 cup boiling water. Allow to simmer for 20-30 minutes, stirring frequently.
4. Preheat oven to 325°F.
5. Stir in browned rice into tomato sauce. Mix thoroughly.
6. Empty mixture into 13"x9" baking pan.
7. Add in 4 cups boiling water, cover with foil or oven safe cover to seal.
8. Place in oven for 50-60 minutes. To check doneness, mix up the contents to make sure the rice is fully cooked.
9. Serve with salad and any meats if desired. Can store in refrigerator for up to 7 days.