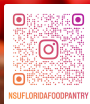




# NSU Florida SHARK PANTRY



## MEXICAN DIRTY RICE

Easy to make dish that will surely be an easy favorite...

### INGREDIENTS

- 2 medium ripe tomatoes, or 1 small can (15 ounces) diced tomatoes, undrained
- 1 small yellow onion, diced
- 1 tbsp garlic, minced
- ¼ cup oil
- 2 cups white rice (do not rinse!)
- 1 medium jalapeño pepper, seeded and finely chopped (scale back or omit if sensitive to spice)
- ½ can corn
- ½ can green beans
- 2 cups chicken broth
- 4 tablespoon tomato sauce
- 1 tbsp salt, to taste
- ½ cup finely chopped fresh cilantro
- 1 lime, sliced into wedges, for serving

### STOVE TOP DIRECTIONS

- In a food processor, blender or with a knife, combine the tomatoes, onion and garlic, and blend or chop until smooth. In a liquid measuring cup, measure out 2 cups of the tomato mixture and store the rest in the freezer for another use.
- Warm the oil in a medium/large pot over medium heat until shimmering. Add the rice and jalapeño and cook, stirring occasionally, for about 2 to 3 minutes.
- Add the chicken broth (or vegetable broth to make vegan), tomato mixture, tomato sauce and salt. Stir to combine, then increase the heat to medium-high and bring the mixture to a boil.
- Stir the rice 2-3 times on low heat while the liquid starts evaporating. Once you start seeing smaller and slower bubbles come up and most of the liquid is gone, cover the pot with the lid and cook on low for 25 minutes. Make sure not to stir the rice during this time as the natural starch of the rice will make it sticky.
- Once the time has passed, take the lid off and stir the rice from the bottom up. Rice should flaky and tender. If its still too "al dente", add 2 oz of water and leave covered another 10 minutes.
- Stir in the cilantro and season to taste with additional salt, if necessary. If you'd like spicier rice, add a pinch of red pepper flakes or your favorite hot sauce and stir again. Serve with lime wedges on the side.

