Spicy Spanish Rice

Jeanne-Marie Melendez - Marshall Field's Stae Street 1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 tablespoons olive oil

1 cup white long grain rice

2 cups water

3 cubes chicken flavored bouillon

1 medium red or green bell pepper, chopped

1 package (8 ounce) frozen peas

1 can (8 ounce) tomato sauce

1 can (16 ounces) sliced whole tomatoes

1 medium onion, chopped

1 teaspoon salt

2 teaspoons black pepper

1 teaspoon cumin

1 teaspoon red pepper

1 1/2 teaspoons ground coriander

In a medium saucepan, heat the olive oil. Add the rice. Saute' for 5 to 7 minutes or until brown. Add the chopped onion and saute' for 5 to 7 minutes.

In a saucepan, boil water and add the bouillon cubes. Stir to dissolve. Add to the rice.

Add the bell pepper, peas, tomato sauce, tomatoes, salt, pepper, cumin, red pepper and coriander. Stir and bring to a slow boil. Reduce to a low heat. Cover the pan and cook for 14 minutes. (Do not remove the cover until after 14 minutes!!!)

After 14 minutes, check to see if the liquid has dissolved. Cook an additional 2 minutes if the liquid has not dissolved.

Remove from the heat Yield: 6 to 8 servings

Side Dishes

Per Serving (excluding unknown items): 436 Calories; 29g Fat (55.7% calories from fat); 9g Protein; 42g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 3718mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 4 1/2 Vegetable; 5 1/2 Fat.