

INGREDIENTS:

- 1 medium onion
- 2 small habaneros
- 4 cloves garlic
- 1 oz of ginger
- 4 medium tomatoes
- ⅓ cup of olive oil
- 1 tbsp of minced garlic
- 6 oz of tomato paste
- 1 tbsp of dried minced onions
- ½ tsp of garlic powder
- ½ tsp of dried rosemary
- 4 cups of white jasmine rice
- 1 ½ cups of low-sodium chicken broth
- 2 cups of diced rainbow carrots (optional)



Ghanaian jollof rice

Directions

1. Add half the onion to the blender with 2 small habaneros, 4 garlic cloves, ginger, and tomatoes and blend till smooth.
2. In an 8 qt. pot, heat olive oil over medium heat. Dice the remaining half of the onion and add to the pot along with 1 tbsp of minced garlic, and allow to cook for about 5 minutes at medium-high heat until almost brown or caramelized.
3. Stir in tomato paste and allow to cook for 5 minutes. Add dried onion, garlic powder, and dried rosemary. Allow to cook for 3 minutes on medium heat.
4. Add blended ingredients to pot and allow to cook on medium heat for 15 minutes.
5. Wash 4 cups of white jasmine rice and add to the pot. Add 1 cup of chicken broth and mix in. Cover with lid and allow to cook for 15 minutes over medium heat. After 15 minutes, add diced rainbow carrots and mix in.
6. Shower the remaining ½ cup of chicken broth over the rice and cover with lid. Allow to cook for 45 minutes on low heat or until rice is softened, mixing gently or turning over rice every 15 minutes to ensure it is cooked evenly throughout. Taste to make sure rice is cooked, then remove from heat.