

recipe *Jollof Rice*

ingredients

- 1 cup enriched rice
- 2 cups crushed tomatoes
- 1 cup diced sweet onion
- 1/2 cup mixed vegetables, frozen
- 1 vegetable or chicken bullion cube for seasoning (optional)
- 1 tablespoon vegetable oil
- 1 cup water

directions

Dice onions and saute in vegetable oil for five minutes. Add in tomatoes and bullion and bring to light boil and simmer for ten minutes until the tomatoes reduce to thick sauce. Stir in the vegetables, rice, and water. Cover and cook for about 20 minutes, until rice has cooked and absorbed all the liquids.



Lunch/Supper Crediting: 13 Servings for ages 3-5

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