

Jollof Rice

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-jollof-rice-recipe>

Ingredients:

- 4 plum tomatoes cored
- 4 cloves garlic plus 1 clove minced
- 2 medium red onions plus ½ red onion sliced into rings
- 1 red bell pepper stemmed and cored
- 1 habanero chile stemmed and seeded
- 1/4 cup canola oil
- 1 1/2 tablespoons Madras curry powder
- 1 piece fresh ginger peeled and minced
- 1/2 cup tomato paste
- 2 cups long grain rice rinsed
- 2 1/4 cups chicken broth or water
- 1 tablespoon fresh thyme leaves minced
- kosher salt
- freshly ground black pepper

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 95 grams
3. Fat: 16 grams
4. Fiber: 6 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 510 milligrams
8. Sugar: 10 grams

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