

Portuguese Tomato Rice (Arroz de Tomate)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-infused-garlic-broth-recipe>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 tablespoon bacon fat use lard if you don't have bacon fat, but we don't recommend using vegetable shortening since it won't add much...
- 1 cup diced onion
- 2 teaspoons minced garlic
- 2 cups fresh tomatoes cored and cut into large one inch chunks, save any juice from cutting
- 1 1/2 cups broth we used vegetable, but chicken or beef will also work
- 1 cup long-grain white rice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 450 milligrams
9. Sugar: 4 grams

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