

Spanish-Style Brown Rice

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

This recipe was inspired by Dr. Neal Barnard and the Physicians Committee for Responsible Medicine.

Step 1: Cooking the Brown Rice

- 1 1/2 cups dry brown rice
- 2 1/4 to 3 cups water or stock*
- 1/2 tsp sea salt, or to taste

To start, preferably soak the rice for a few hours or overnight. *Note: The amount of water will depend on the rice being used and whether or not it was soaked prior to cooking. In a medium-sized pot, bring the rice, salt and water to a boil. Then turn down the heat and let simmer for 30 to 50 minutes. Again, the time it takes to cook the rice will depend on the particular rice and whether or not it was soaked prior to cooking it.

Once done, fluff the rice with a fork and let rest for a few minutes, covered. Meanwhile, you can go ahead and prepare the remaining ingredients.

Step 2: Gathering & Preparing Your Mise en Place

- 1 onion, diced
- 1 green pepper, diced
- 1 red pepper, diced
- 1/2 jalapeño, or to taste
- 3 garlic cloves, minced
- 2 tsp Spanish paprika
- 1 sm can (5 1/2 oz) tomato paste

While the brown rice is cooking, prepare your mise en place. If the rice is still not done once you have prepared your mise en place, then go ahead and cook the aromatics, as per Step 3.

Step 3: Cooking the Aromatics

- 1 tbsp oil, optional
- 1 cup water
- sea salt, to taste

To cook the aromatics, first start by heating a large fry pan over medium heat. Once hot, either add the oil and sauté or dry-sauté the onions until they just start to color and become translucent.

Next add the green and red peppers and cook for another minute or so. Then add the jalapeño, garlic and paprika and cook for about 30 seconds. Add the tomato paste and let cook for about a minute.

Next add the water and stir to combine the ingredients. Turn the heat down to a simmer and let cook for 10 to 15 minutes.

Step 4: Finishing & Serving the Dish

- 1/2 bunch fresh cilantro, roughly chopped
- 1/2 cup Cashew Sour Cream (optional)
- 1 avocado, pitted and diced (optional)
- 1 tbsp chile flakes, for garnish
- sea salt, to taste
- black pepper, to taste

To finish the dish, add the cooked rice to the tomato mixture and mix well to combine. Taste for seasoning, adding salt and pepper to taste. Lastly, fold in the fresh cilantro.

To serve the dish, either serve as a side or divide into smaller, serving-sized portions and top each serving with a good dollop of the Cashew Sour Cream and a couple tablespoons of diced avocado.

If desired, serve with additional chili flakes or thinly sliced hot peppers.