

# Ghanaian Jollof Rice

## Ingredients

- 2 yellow onions, roughly chopped
- 1/3 cup + 2 Tbsp. vegetable oil
- 2 14.5 oz cans diced tomato
- 1 6 oz can tomato paste
- 1 habanero pepper, seeded and roughly chopped (optional)
- 2 tsp curry powder
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1/2 tsp dried mixed herbs
- 3 tsp vegetable or chicken stock concentrate
- 2 1/2 cups basmati rice, rinsed
- 1 cup frozen mixed vegetables (optional)
- 1 1/2 cups water

## Directions

Using an electric blender, purée the chopped onions with 2 Tbsp. of oil.

Heat 1/3 cups of oil in a large saucepan over medium heat. Add the onions and cook until lightly browned, stirring occasionally, about 10 minutes.

Meanwhile, using an electric blender, purée together the diced tomatoes, the tomato paste and the habanero, if using.

Once the onions are dry and lightly brown, add the tomato purée, the curry, garlic powder, ginger, dried herbs and chicken stock concentrate. Cook over medium-low heat, stirring occasionally, until the sauce reduced by half, about 20 minutes.

Add the riced, mixed vegetables and water. Bring to a boil. Reduce the heat to low. Cover the pot with aluminum foil and then with the lid. Simmer for 30-40 minutes, or until the rice is done.

<http://www.marga.org/food/int/ghana/rice.html>