

Saint Paul Public Schools' Sofrito Rice

This traditional Spanish dish is bursting with flavors! Cooked in a blend of tomatoes, onions, jalapeno peppers, and spices, this dish is a fiesta in your mouth!



YIELD

6 (½ cup) servings

INGREDIENTS

- 1 cup brown rice (parboiled)
- 1 Tbsp vegetable oil
- ¼ cup onion
- 1 Tbsp minced garlic
- 2 tsp jalapeno pepper diced
- 1 cup red pepper chopped
- 1 Tbsp lime juice
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp chili powder
- ½ tsp thyme dried
- 1 cup canned diced tomato
- 3 cups low sodium chicken stock

DIRECTIONS

- Heat oil in a large pot and sauté onion, garlic, and jalapeno until soft and fragrant (about 8 minutes)
- Add in the rest of the ingredients except rice and bring to a boil.
- Once boiling, add in rice and simmer. Cook until rice is soft and liquid is absorbed (about 8 minutes).
- Serving Suggestion: top with the lean protein of your choice like grilled chicken, fish, or tofu. Add roasted green peppers and onions for a colorful, balanced meal.

NUTRITIONAL INFORMATION

PER ½ CUP SERVING

CALORIES: 166

TOTAL FAT: 4.0 g

CARBOHYDRATES: 30 g

SODIUM: 243 mg

CHOLESTEROL: 0.5 mg

FIBER: 7.5 g

PROTEIN: 3.6 g



real choices

Eating healthy never tasted so good.