SOFRITO RICE
Inspired by a recipe from Wellness In The Schools

INGREDIENTS

4 Tbsp olive oil
1 softball size onion, peeled and diced
4 bell peppers of mixed colors, diced small (about 6 cups)
½ bulb of garlic, peeled and minced (about 3 Tbsp)
2 tsp coriander seed, crushed with mortar and pestle
1 bunch cilantro chopped, stems and all (1 cup packed)
1 bunch parsley chopped, stems and all (1 cup packed)
1 lemon, zested and juiced
1 lime, zested and juiced
1 tsp salt
2 cups long grain brown rice
3 cups of water

METHOD

Preheat oven to 350 degrees F. Warm the olive oil in a large sauté pan or stock pot.

Add the chopped onions and cook on medium heat until softened and translucent. Turn up the heat to medium high and add the peppers. Let them cook until softened, stirring often.

While the peppers are cooking wash the rice and drain through a fine mesh strainer. Divide the rice between two 9 x 11 baking dishes, spread it out in the pans and set aside.

Next add the chopped garlic, coriander seed and chopped herbs to the pepper and onion mixture. Let cook for 3-4 minutes then turn off the heat. Add the lemon/lime juices, zest, and salt.

Divide the vegetable mixture between the two baking dishes, layering the vegetables on top of the rice. Don't forget to add any liquid that remains in the pot.

Divide the water between the two pans and cover tightly with foil. Place in the hot oven and let bake for 35-40 minutes.