



## JOLLOF RICE

**SERVINGS** 6  
**PREP TIME** 15 min  
**COOK TIME** 40 min

### INGREDIENTS

- 5 medium sized Roma tomatoes, roughly chopped
- 1 red bell pepper, roughly chopped
- 1 medium sized onion, roughly chopped, set aside
- 2 scotch bonnet peppers (habanero peppers as they are sometimes called)
- 1/4 cup of groundnut oil
- 3 tbsp tomato paste
- 2 cups of parboiled rice
- 2 1/2 cups of chicken stock
- 1 tsp salt to taste
- 1/2 tsp curry powder
- 1/2 tsp thyme
- 1 tsp All purpose seasoning
- 1 Knorr stock cube
- 3 bay leaves
- Water, as needed

### DIRECTIONS

1. **Blend the Ingredients** – In a food processor or blender, blend the tomatoes, red pepper, and Scotch bonnet peppers for about 45 seconds until smooth.
2. **Sauté the Onions** – Heat oil in a medium-sized pot over medium-high heat. Once hot, add the onions and fry until golden brown.
3. **Cook the Tomato Base** – Stir in the tomato paste and cook for 2–3 minutes. Then, pour in the blended tomato mixture, reserving about 1/4 cup for later. Fry the mixture with the onions and tomato paste for about 30 minutes, stirring frequently to prevent burning.
4. **Add Seasonings and Stock** – Reduce the heat to medium and pour in the chicken stock. Stir well, then add salt, curry powder, thyme, all-purpose seasoning, and a Knorr stock cube. Let the mixture simmer for 10 minutes.
5. **Cook the Rice** – Add the parboiled rice to the pot, stirring thoroughly to combine with the tomato stew. If needed, add water until the liquid level just covers the rice. Toss in the bay leaves, cover the pot, and let it cook over medium-low heat for 15–30 minutes.
6. **Final Touches** – When most of the liquid has been absorbed, add the reserved tomato mixture, cover, and cook for another 5–10 minutes until fully dried.
7. **Serve and Enjoy** – Turn off the heat, give the rice a good mix, and serve hot. Enjoy your delicious homemade Jollof Rice.

