

THEODORA

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“Heartwarming Ghanaian Jollof Rice and Stew”

MOM'S HOMEMADE JOLLOF RECIPE:

- FOR THE STEW:
 - 14 oz (or 2 cans) diced tomatoes
 - 6 oz (or 1 can) tomato paste and sauce
 - 1 bell pepper, roughly chopped
 - 2 red onions, peeled and roughly chopped
 - 4 garlic cloves, peeled
 - 1 tsp fresh ginger, peeled and finely chopped
 - 1/3 cup canola or other neutral oil
 - Seasonings to taste (herbs, curry powder, salt and pepper, etc)
 - 1 cup water
 - 2 tbsp Shito (spicy sauce)
- RICE:
 - 2 1/2 cups of long-grain rice (such as Jasmine)

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- PREPARATION:

- Add onions and garlic to a large pot on medium heat. Let simmer and cook until fragrant.
- Add remaining stew ingredients to pot and let cook on low to medium heat for 25-30 minutes.
- Add rice to rice cooker and add water. Salt to taste.
- Add about $\frac{3}{4}$ of the stew to the uncooked rice and stir gently
- Allow to cook until rice is soft (as desired)
- OPTIONAL: Transfer rice to baking pan and bake at 400 degrees F for about 30 mins.
- Spread remaining stew on rice
- OPTIONAL: Add additional shito hot sauce as desired and serve.
- OPTIONAL: Serve with meat (chicken, beef, corned beef)