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# Veterans-For-Change

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# Basque Vegetable Rice

Prep Time: 20 mins
Cook Time: 50 mins
Total Time: 1 h 10 mins

### Ingredients

- > 2 tablespoon oil, olive, extra virgin
- > 1 small pepper, red chile, dried, arbol, broken
- > 1 medium onion(s), quartered and thinly sliced
- 2 clove(s) garlic, minced
- 2 medium tomato(es), ripe, seeded, diced
- 1 medium zucchini, diced
- > 1 medium pepper(s), red, bell, diced
- > 1 medium pepper(s), green, bell, thinly sliced
- 1 teaspoon paprika, preferably Spanish
- 1 teaspoon thyme, dried
- > 1/2 teaspoon salt
- > 1/8 teaspoon pepper, black ground
- > 1 1/4 cup(s) rice, white, short grain (such as Valencia)
- > 3 cup(s) broth, vegetable, or reduced sodium chicken broth
- 2 tablespoon parsley, flat-leaf, fresh, finely minced, for garnish
- ➤ 1 large lemon, 6 wedges, for garnish

### **Preparation**

- 1. Heat oil in a 12-inch cast-iron skillet over medium heat. Add chile pepper, onion and garlic and cook, stirring often, until the onion is soft but not browned, about 6 minutes.
- 2. Add tomatoes, zucchini, bell peppers, paprika, thyme, salt and pepper; cover and simmer, stirring occasionally, for 15 minutes.
- 3. Add rice; stir to coat well with the tomato mixture. Add broth; bring to a boil. Reduce heat to low, cover and simmer until the rice is tender, 25 to 30 minutes. Serve hot directly from the pan, garnished with parsley and lemon wedges, if desired.

