

Rice

- [Arroz con Zanahoria \(Rice with Carrots\)](#)
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Arroz con Zanahoria (Rice with Carrots)



Ingredients

- ~185gr rice
- ~500ml vegetable stock
- 1 tbsp vegetable oil
- ~50gr grated carrot

Method

1. Place the rice in a medium saucepan; then add the vegetable stock, oil, carrots and salt.
2. Bring to a boil over high heat. Stir once and cover, reduce to low heat and cook for 20 minutes.

3. Remove the pot from the stove and let it sit for 10 minutes. Fluff the rice using a fork and serve immediately.

Spanish Rice



Ingredients

- 2 tablespoons extra virgin olive oil (can use up to 1/4 cup)
- 1 onion, finely chopped (about 1 cup)
- 1 garlic clove, minced (about 1 teaspoon)
- 185gr rice
- 500ml chicken stock
- (optional) 1 heaping tablespoon tomato paste or 1 cup of diced fresh or cooked tomatoes, strained
- (optional) Pinch of dried oregano
- (optional) 1 teaspoon salt

Method

1. **Brown the rice:** Heat olive oil in large skillet on medium/high heat. Add the rice and stir it so that the rice is lightly coated with the oil. Cook on medium high heat, stirring often, until much of the rice has browned.
2. **Add onion, garlic:** Add the onion and cook, stirring frequently another 3 minutes, until the onions begin to soften. Add the garlic and cook until the onions are translucent and softened, about a minute more.

3. **Combine broth, tomato, oregano, salt, and browned rice and onions:** To save time you can bring the stock to a simmer in a separate saucepan, with the tomato, oregano, and salt.
4. **Combine the rice and broth mixture:** Add the browned rice to the simmering broth (or broth to the rice, depending on which pan has a cover). Or you can skip the simmering step and just add the broth and tomatoes to the rice.
5. **Simmer, cover, cook until the rice has absorbed the stock:** Bring everything to a simmer, cover the pot and lower the heat to barely maintain a low simmer.
6. Cook for 15-25 minutes, depending on the type of rice and the instructions on the rice package.
7. Remove from heat and let sit for 5 minutes.
8. Fluff with a fork or spoon to serve.