

Quick Hopping John Pilaf

1 Tbsp. olive oil
1½ c. chopped onion
1–2 cloves garlic, minced
1 chipotle, minced*
2–6 dried red chiles

1 c. raw rice, brown or white

1 15oz. can black-eyed peas, drained
1 15oz. can diced tomatoes, including juice
2 c. hot water
1 tsp. salt
1 tsp. black pepper
½ tsp. basil
½ tsp. thyme

4 c. broccoli, cut into small florets

Sauté the oil, onion, garlic, chipotle and chiles in a large frying pan over medium heat until the onions are transparent, about 10 minutes. Add the rice and sauté, stirring frequently, for another 5 minutes. Add remaining ingredients except for broccoli, bring to a boil, reduce heat and simmer, covered, until rice is nearly done (40 minutes for brown rice, 15 minutes for white). Add broccoli, but don't mix it in. Continue simmering, partially covered, for another 8–10 minutes, until broccoli is tender-crisp. Stir and serve immediately.

*A chipotle (chi-POTE-lay) is a dried, smoked jalapeño pepper, available in some grocery specialty sections or at Latino markets. It gives the dish its characteristic smoky taste. Do not substitute any other dried chile.

4 servings

Per serving: 304 calories; 13 g protein; 5 g fat; 52g carbohydrate; 0mg cholesterol

Source: original recipe 8 Feb 2002