

SOPA SECA (Mexican Rice)

2 tsp. olive oil
1/2 tsp. minced garlic
1/2 cup chopped onion
1 large tomato, chopped
1 cup uncooked, converted rice
1 small green bell pepper, seeded and diced
1 - 13 oz. can chicken broth
Dash of red pepper
1/2 tsp. oregano
1/2 tsp. salt

Heat oil in a large oven proof casserole dish (lid needed for cooking) over moderate heat. Add garlic, onion and tomato. Cover and cook 3 minutes, or until onion is soft. Add rice and cook for 2 minutes, stirring, until rice is shiny and hot. Stir in green pepper, chicken broth, red pepper, oregano and salt. Bring to a boil. cover and bake for 20 minutes at 400 degrees.