

Recipe: Calypso Rice

Calypso Rice- serves 6

2 tbsp Vegetable Oil

2 Cloves of Garlic

½ Cup Carrots (coarsely shredded or cubed)

½ Cup Sweet Pepper (thinly sliced)

2 Cup Parboiled Rice

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2 Cloves of Garlic

½ Cup Carrots (coarsely shredded or cubed)

½ Cup Sweet Pepper (thinly sliced)

2 Cup Parboiled Rice

4 Cups Chicken Broth

1 tsp Salt or Hot Pepper to Taste

Directions

1. Heat oil in heavy bottomed pot.
2. Add garlic, brown and remove from oil.
3. Add carrot, stirring continuously for 2-3 minutes.
4. Add sweet pepper and then rice; toss for about 1 minute.
5. Add broth, salt, and pepper bring to a boil.
6. Cover and allow simmering for about 25-30 minutes or until rice is tender and liquid is absorbed

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