

RECIPE Jagacida "Jag" - Beans and Rice
From Cape Verde

Ingredients:

3 cups converted rice (Prefer Uncle Ben's Rice)

6 cups chicken broth or water

2 tbsp. olive oil

1 medium onion, chopped

1 - 15 oz. can chili con carne (original with beans;
hamburger)

2 - Bay Leaves

Salt: Pepper to taste

In a 2 qt. pot, saute the chopped onion in the oil and brown until translucent; tender. Add the 6 cups of water or broth and bring to a Full boil. Add the salt, pepper, chili con carne & bay leaves. Reduce the heat to low and add the rice. Cover & simmer for 25-30 min. or until the water is absorbed and the rice is thoroughly cooked.

PREPARATION 10 min.

TIME 30 min

SERVES 12