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CALABACITAS & RICE

*Baja California
Sur*



This iconic dish is a favorite in all of Mexico, and it's no different in **Baja California**. Tender zucchini and corn are stewed with onion, tomato, and garlic. Serve it over rice or make into tacos.



TIME 30 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

- 1 tsp. Vegetable Oil
- ½ White onion, medium, diced
- 2 cloves Garlic, minced
- 2 Chile serrano, finely chopped
- 1 Tomato, diced
- 2 Zucchini, large, cut into half-circles
- 1 cup Corn (can be frozen or fresh)
- ¼ cup Chopped cilantro
- 1/4 tsp. Oregano

RICE

- 1 tsp. Vegetable Oil
- ½ White onion
- 1 cup Long-grain rice
- 2 cups Water
- 1 Veggie bouillon cube (if not available, add salt, onion powder, and garlic powder to desired taste)

PREPARATION

TO PREPARE THE CALABACITAS

1. Heat a non-stick cooking pan, with 1 tsp. of oil, to medium high heat. Add onion and let cook until tender and translucent, about 4 minutes. Add garlic and chile serrano, and cook 1 minute more.
2. Add tomato, zucchini, corn, and cilantro. Season with salt, pepper, and oregano.
3. Add ¼ cup of water if zucchini starts to stick to the pan. Cook for 8-10 more minutes or until the zucchini is tender. Serve with rice.

TO PREPARE THE RICE

1. Heat a non-stick pan to medium heat, add oil, and half an onion (not diced).
2. Add rice and stir until it becomes a very light brown color. Add 2 cups of water and veggie bouillon cube, bring to a boil, turn heat down to low, cover and allow to cook for 15-20 minutes. Fluff with a fork, and serve.

