



Recipix

Your food coach



Bell Pepper and Rice Pilaf

Tailored for Ivan

INGREDIENTS

- 6 tablespoons (3/4 stick) butter
- * 1 large red onion, chopped
- * 1 large red bell pepper, seeded, chopped
- * 1 large yellow bell pepper, seeded, chopped
- * 2 1/3 cups long-grain white rice
- * 2 teaspoons ground cumin
- * 1 teaspoon chili powder
- * 3 3/4 cups canned low-salt chicken broth
- * 1/2 cup chopped fresh cilantro

INSTRUCTIONS

Melt butter in heavy large pot over medium heat. Add onion and bell peppers and sauté until tender, about 12 minutes. Add rice, cumin and chili powder; stir 1 minute. Add broth and bring to boil, stirring occasionally. Cover pot. Reduce heat to medium-low and simmer until rice is tender and broth is absorbed, about 25 minutes. Season pilaf to taste with salt and pepper. Sprinkle with cilantro and serve.

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OTHER RECIPES:

Other Recipes:

Recipe 2: Vegetarian Dumplings

Recipe 3: Slow Cooker Chicken and Dumplings

Recipe based on the ingredients:

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