

Mexican-Style Rice

Courtesy of A Healthy Kitchen.

2 c. white rice
2 T. olive oil
1 onion, chopped
2 cloves garlic, minced
1 t. oregano
1 bay leaf
2 T. tomato paste
4 c. Pacific chicken stock
1/4 t. sea salt
Freshly ground black pepper

Sauté the onions in the olive oil until translucent, and then add the garlic. Add in the rice and sauté for 2 minutes. Add the oregano, bay leaf, tomato paste, sea salt and pepper, and stir. Add the chicken stock and bring to a boil. Cover and simmer on low heat for 20 minutes. Remove bay leaf before serving.