

# Spanish Rice

This tasty side dish is an adaption from a recipe in Lorna Sass' Recipes from an Ecological Kitchen. Serve this up with your favorite Mexican food.

- 1 Tbsp. olive oil
- 1 large onion, peeled and finely chopped
- 1 large clove garlic, peeled and finely chopped
- 1 large green bell pepper, seeded and finely chopped
- 1 1/4 cups tomato puree or diced tomatoes
- 1 Tbsp. balsamic vinegar
- 1 tsp. dried oregano
- 1 tsp. paprika
- 1/2 tsp. sea salt
- 1/8 to 1/4 tsp. crushed red pepper flakes
- 1 1/2 cups long-grain brown rice
- 1/2 cup tightly packed minced fresh parsley
- 1/2 cup green olives, coarsely chopped dash of hot sauce (optional)

In a heavy medium-sized pot, heat the oil. Saute the onion, garlic, and green pepper for 2 minutes, stirring frequently. Add the tomatoes plus enough water to equal 3 cups. Add the vinegar, oregano, paprika, crushed red pepper flakes, and salt. Bring to a boil over high heat. Stir in the rice. Return to the boil, then reduce the heat and simmer, covered, until almost all of the liquid has been absorbed, about 45 minutes. Turn off the heat and let stand, covered, until all the remaining liquid has been, about 10 minutes. Fluff the rice as you stir in the parsley and olives. Add hot sauce to taste, if desired. Serves 4 to 6.