Morrocan Rice

Season: All year
Type: Rice
Recipe source: about food
From the garden: capsicum, carrot, tomato, garlic, parsley

### Equipment:
- Cup measure
- Measuring jug
- Fork
- Tablespoon measure
- ½ teaspoon measure
- ¼ teaspoon measure
- Herb chopper
- Knives
- Chopping boards
- Medium saucepan
- Large saucepan, with lid
- Wooden spoon
- fork

### Ingredients:
- 1 cup uncooked rice
- 2 tablespoons olive oil
- 1 green capsicum, coarsely chopped
- 1 yellow capsicum, coarsely chopped
- 1 red capsicum, coarsely chopped
- 3 cloves of garlic, crushed
- 2 tomatoes, chopped
- 2 1/3 cups water
- 2 stock cubes
- 2 tablespoons tomato paste
- 3 tablespoons chopped parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper and/or black pepper
- 1/4 teaspoon turmeric

### What to do:
- In the measuring jug mix the stock cubes with the water to make the stock.
- In the medium saucepan heat the stock to nearly boiling, then hold warm over low heat.
- In the large saucepan, placed over medium heat, saute the rice, onions and peppers in the oil.
- When the rice begins to brown, add the garlic and tomatoes.
• Cook for several minutes, stirring frequently.
• Add the stock, tomato paste, parsley and spices.
• Bring the liquids to a boil then reduce the heat, cover the pan, and simmer gently for 25 to 30 minutes without stirring, until the rice is tender and has absorbed most of the liquids.
• Remove the rice from the heat and lightly stir with a fork to fluff the rice and mix the vegetables throughout.
• It should still be a little saucy; if not, gently mix in a few tablespoons of hot water.
• Cover and leave the rice sit for at least five minutes before serving.