Featured Recipe at



Vegetarian Paella

Paella

5 ½ oz	Water
1 tsp	Vegetable Soup Base (Bouillon)
1 3/8 tsp	Olive Oil
1 Tbsp	Fresh Garlic - minced
1 ¼ oz	Yellow Onion - diced
3/8 oz	Red Bell Pepper - diced
3/8 oz	Green Bell Pepper - diced
2 ¼ oz	White Rice converted - raw
1⁄2 Tbsp	Salt
1 7/8 oz	Tomatoes - diced
1 1/8 oz	Carrots - diced
2/3 oz	Frozen Peas
2/3 oz	Kalamata Olives
2/3 oz	Green Spanish Olives
1⁄4 OZ	Fresh Thyme - chopped
1 3/8 tsp	Green Onion - sliced
1 each	Fresh Lemon - cut in 1/8

Combine hot water and vegetable base. Stir until dissolved. Set aside until needed.

Heat oil, garlic, onions, and peppers. Cook until onions are transparent.

Add rice and salt. Stir to coat rice with oil.

Add vegetable broth and bring to boil.

Add tomatoes, carrots, peas, olives and thyme to rice. Cover and cook on low heat until broth is absorbed. About 30-35 minutes.

aric

Garnish with green onion slices and lemon wedges.

View more great **Basic Pantry recipes** and info online!

www.louisville.edu/ healthpromotion