

# Arroz Mexicano



Growing up, rice was a staple at family meals. With seven children, mom had to stretch meals as far as possible. She was a natural cook who never wrote down any of her recipes. I learned by watching. As with everything my mom did, the most important step is hazlo con amor!

Enjoy! ~ Justice Eva Guzman

## Ingredients:

2 cups long grain rice  
3-4 tablespoons olive oil  
1 large tomato (halved or quartered) (or 2 small Roma tomatoes, which is my personal preference)  
1/4 cup white onion (coarsely chopped)  
2 cloves garlic  
2 tablespoons tomato paste (for color and flavor)  
2 teaspoons salt (or to taste)  
2 teaspoons black pepper  
4 cups water (total)\*

## Recommended:

1/4 to 1/2 cup frozen peas (do not thaw) [variations: corn or carrots]  
2 teaspoons Knorr bouillon (chicken or beef) dissolved in 1/4 cup of hot water

**\*Important:** If using bouillon, reduce the total water in the main ingredients by 1/4 cup and add at Step 3 of the recipe.

## Equipment:

Blender  
Colander or Sieve  
Skillet with Lid  
Aluminum Foil

**Step 1:**

Rinse the rice in a colander or sieve and allow to air dry (about 15 minutes).

Put the tomato, onion, and garlic and 2 cups of water in a blender. Purify until it is a fine texture. Note: At this point, you are using only half (2 cups) of the total water (4 cups) called for in this recipe.

Set blender mixture aside to use in Step 3.

**Step 2:**

Pre-heat a large skillet for 2-3 minutes on medium heat.

Add all the olive oil.

When the oil is warmed but not crackling hot, add the washed and air-dried rice.

Stir frequently to avoid burning. Fry rice until golden brown. This usually takes about 6-8 minutes.

**Step 3:**

When the rice is golden brown, turn the heat down to low, wait about 20 seconds, and then add the blender mixture. It will sizzle so wear an apron!

Add the final 2 cups water (or 1<sup>3</sup>/<sub>4</sub> cup water plus 1/4 cup bouillon mixture). Add tomato paste and stir to blend.

Add salt and pepper and stir to blend.

Turn the heat up to medium high and bring to a boil. I allow the rice to boil uncovered for around 7 minutes until the water is nearly, but not totally, evaporated (see my video).

At this point, add the peas (or corn or carrots if you wish) and stir. Turn the heat down to low. Cover the pan with aluminum foil (seal edges) followed by a lid.

Simmer 5–7 minutes on very low heat. It's okay to peek once or twice to check to see whether the liquid has completely evaporated.

Turn off the heat and let sit. DO NOT UNCOVER FOR 10-15 MINUTES. This step is critical to steam the rice to a beautiful, fluffy texture.

Uncover rice and fluff with a fork or spoon before serving.