

Jollof



INGREDIENTS

1. 2 ¹/₂ pounds chicken or beef, cut into small pieces
2. 1/2 cup oil
3. 1 medium onion, chopped
4. 1 6-ounce can tomato paste
5. 2 cups rice
6. 5 cups vegetables, chopped
7. 3 cups water
8. Salt and pepper, to taste

Method:

1. Pour oil into a pan and sauté the onion over medium heat.
2. Season meat with salt and pepper. Add meat and tomato paste to the onion. Stir well. Add 1 cup water. Cover and simmer for 1 hour.
3. Add remaining 2 cups water, salt, and pepper. Bring to a boil.
4. Add rice. Simmer until rice is done. Add vegetables. After 5 minutes, remove mixture from heat. Serve.