



## Oldways Jollof Rice and Black-eyed Peas

*Jollof Rice is a much-loved traditional dish in West Africa, and it is the underpinning of Senegal's national dish thiebou dienn, a meal of red rice and fish. Its name is derived from Senegal's Wolof Empire and it is one of many tomato-based rice dishes found in African heritage*

**Yield: 8 servings**

### Ingredients

- 1 (15 oz.) can diced tomatoes, drained (save liquid)
- 4 cups liquid
- 2 cups uncooked brown rice
- 2 tablespoons extra virgin olive oil
- 1 large onion, chopped (about 2 cups)
- 2–3 garlic cloves, minced
- 1 large carrot, chopped (about 1 cup)
- 1/4 head of green cabbage, chopped (about 2 cups)
- 2 tablespoons tomato paste
- 1 (15 oz.) can black-eyed peas, drained and rinsed
- 1 teaspoon turmeric
- 1 teaspoon thyme
- 1/2 teaspoon red pepper flakes
- Parsley (optional)



### DIRECTIONS

1. Drain liquid from diced tomatoes into a measuring cup. Add enough water to equal 4 cups of liquid total, and put in a medium sized pot with the brown rice. Bring to a boil then cover and simmer until rice is tender to your taste, about 30 to 35 minutes.
2. While the rice cooks, heat the oil in a large pan. Cook onions and garlic until onion is soft and pale, about 5 minutes. Add chopped carrots and cabbage, tomato paste and tomatoes, black-eyed peas, and spices. Simmer with the lid on for a few minutes on low heat until the vegetables are done to your taste. Adjust spices until you're happy with them.
3. When the rice is done, mix it with the vegetables and beans, or simply serve the rice with everything else on top. Garnish with a little parsley if you'd like.

### NUTRITION INFORMATION

Calories: 301, fat: 5g, sodium: 377mg, carbohydrate: 58g, fiber: 6g; protein: 10g

For more information and recipes, visit [Oldways African Heritage & Health](http://Oldways African Heritage & Health)



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