Rosa’s Spanish Rice and Veggie Pilaf

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Rosa is one of the most formidable cooks at Boston Public Schools. We were able to get this recipe, which we greatly appreciate.

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: ¾ CUP

In a rondeau or stockpot, heat the oil over medium heat.

Add the onions, garlic, and pepper and sauté for 10 minutes, stirring often.

Add the paprika, cumin, black pepper, salt, and oregano. Stir while cooking for 2 minutes.

Add the chickpeas, salsa, water, and rice.

Bring to a boil then turn heat to low and cover for 40 minutes or until the rice is done.

NUTRITIONAL INFORMATION
CALORIES: 165; SODIUM: 192.29 MG; SATURATED FAT: 2.28%

USDA REQUIREMENTS MET
1 OUNCE EQUIVALENT WHOLE GRAIN
½ OUNCE M/MA OR ⅛ CUP LEGUME VEGETABLE