

RECIPE FOR

FROM THE KITCHEN OF

Gleaners

INGREDIENTS

- 3-4 tablespoons vegetable oil
- 1 medium onion, sliced
- 4 garlic cloves, minced
- 3 cups uncooked long grain rice
- 1 can of tomato sauce, pasta sauce, crushed tomatoes (14 ounces) or 1 recipe for Obe Ata sauce (see back side)
- 4 cups chicken/ vegetable broth
- 1 hot pepper, diced (jalapeno, Scotch bonnet, etc.)
- Salt and pepper to taste

AMERICANIZED Jollof Rice

NAME OF DISH



recipe and photo from <https://afrovitalityeats.com/recipe/oven-baked-cameroonian-jollof/>

NIGERIAN FOOD CULTURE

Jollof rice is a classic rice dish in many West African cultures, including Nigeria. This rice is cooked in a tomato-based broth and there is not one standard recipe. Things that are often served with this dish include chicken stew, suya chicken, fried plantains, asun, cucumber and tomato salad, and curried goat stew. Suya chicken is a African style chicken that is smothered in a spicy, flavorful peanut butter sauce. Asun is an African dish of spicy roasted goat.

SERVES

SERVING SIZE
1/2 CUP
(SERVES 10)

PREP TIME

30 MINUTES

TOTAL TIME

1 HOUR AND 30 MINUTES

OVEN TEMP

350 DEGREES

CALORIES

126

PROTEIN

2 g

TOTAL FAT

2 g

TOTAL CARBOHYDRATES

23 g

SODIUM

292 mg



OBE ATA SAUCE RECIPIE



Ingredients: 2 red bell peppers (chopped), 4 whole garlic cloves (peeled), 1 onion (peeled and chopped), and 2 whole tomatoes (peeled).

- In a blender combine peppers, onion, garlic and tomatoes. Tomatoes are high in vitamin C!
- Add blended tomato mixture to a pan over medium heat and simmer for 18-20 minutes, or until mixture has reduced by about one-third. Season to taste.



photo from www.newsbreak.com

OVEN DIRECTIONS

1. Preheat oven to 350 degrees.
2. Rinse rice until water runs clear.
3. Combine all ingredients in a bowl and pour mixture into a 9 x 13 baking dish.
4. Add any seasonings, proteins, or vegetables you have on hand (optional).
5. Cover baking dish tightly with aluminum foil.
6. Place in oven and cook for 70-80 minutes, or until rice is soft and liquid is absorbed. Let sit for 5-10 minutes.
7. Fluff rice with a fork and serve warm right out of the pan.

STOVE TOP DIRECTIONS

1. Heat oil in a large pot over medium high heat. Add onions and garlic and cook until soft and fragrant.
2. Rinse rice until water runs clear, then add rice to pot.
3. Stir in tomato sauce (or obe ata sauce), broth and hot pepper. Add salt and pepper to taste.
4. Bring mixture to a boil, stir, and cover pot. Simmer until liquid is absorbed and rice is soft, about 15-18 minutes.
5. Remove pan from heat and let sit for 5-10 minutes. Add desired toppings and enjoy!

