

## Arroz Mexicano (Mexican Rice)



For me, Arroz Mexicano (Mexican Rice) holds a special place in my heart. As a young girl growing up in Los Angeles, my mom made this dish frequently. I grew up in a small one bedroom apartment with my parents and three siblings. Times were a bit tough some days but as a child I knew nothing of that. Our meals may have at times been small, but the table was surrounded by love both from the people seated at the table and the food that we ate.

Mexican rice is a staple food in many traditional Mexican homes as well as in Mexican restaurants. It is honestly a dish that can be enjoyed alone or paired with anything from tacos, to carne asada (which is what I love to do) or even as an additive to dishes such as mole.

This recipe does tend to change based on region and of course personal taste. In my mom's home state of Guanajuato, Mexico they added fresh carrots and peas. My family in Mexico grew their own vegetables so they always incorporated them into their dishes. I have enjoyed this dish with corn substituted for the peas and carrots as well.

I add cilantro to my rice because I love the taste. I know for some it is an acquired taste, so feel free to leave it out if you prefer. A pinch of oregano also gives it a special flavor.



I really hope that you enjoy this dish and getting creative with your own version.

Saludos!

*María Hernandez*

### Arroz Mexicano (Mexican Rice)

**Prep time: 10 mins**

**Cook Time: 25 mins**

**Recipe yields 6 servings**

#### Ingredients

- Olive oil canola or corn oil
- 1 cup of long-grain rice
- 1 serrano cut into rounds (may also be left whole)
- ½ cup of chopped white onion left in large pieces

- 1 clove of garlic, minced
- 2 Roma tomatoes, roughly chopped
- 2 cups low sodium chicken broth
- 2 teaspoons chicken bouillon
- 1/3 cup of frozen peas and carrots mixed optional
- Salt and pepper to taste
- Pinch of oregano (optional)
- 2 tbsp cilantro, chopped (optional)

## **Directions**

1. To begin, add the tomatoes, garlic, oregano and a pinch of salt to your blender. Do not add water to the mixture. Once blended smoothly, set aside.
2. Heat to medium heat. Add oil, rice, serrano and onion to skillet. Stir as needed until the rice, onions and serrano become aromatic and become golden brown.
3. While the rice toast, heat a small pot over medium heat. Combine the broth and bouillon. Heat and stir long enough for the bouillon to dissolve, do not allow it to boil.
4. Once the rice is toasted, add the blended tomato sauce from blender. Gently stir to combine and cook for 5 minutes or until the sauce reduces and becomes thick.
5. Slowly add the warm broth to the skillet. It will come to a boil quickly. Stir gently, taste for salt and season with some fresh cracked pepper if needed. Add the cilantro, reduce heat, cover pot and then cover with the lid tightly. Allow the rice to cook for 10 minutes.
6. Add the frozen peas and carrots. Cook the rice for an additional 5 minutes.
7. After the time has elapsed, check to see if liquid has evaporated. If it has evaporated, remove from heat and let stand for 10 minutes.
8. Fluff the rice with a fork stirring from the outer edges in to combine all ingredients. Keep covered until ready to serve.