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Amount	Measure	Ingredient - Preparation Method
2	tablespoons	oil
1	small	onion – chopped
2	CUPS	uncooked long grain rice
1	teaspoon	salt
4	CUPS	stock
1	tablespoon	ground red hot chile
1/2	CUP	tomato sauce
1/2	CUP	garlic puree
1	CUP	frozen peas and carrots
1		tomato - chopped

Cook rice in dry pan until it pops.

Heat oil in large skillet. Lightly brown chopped onion. Add rice and stir constantly over low heat until rice starts to brown. Add salt, stock and red chile. Increase heat and bring to boil; redcue heat, cover tightly and simmer 10 minutes. Add tomato sauce, garlic puree, peas, carrots and chopped tomato and stir. Cover and cook about 20 minutes, until rice is tender. Uncover during last few minutes of cooking for drier rice. Let rice sit 15 minutes, then fluff with 2 forks.