

Paella

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 medium sweet red pepper, chopped
- 1 cup sliced fresh mushrooms
- 2 cups uncooked long grain brown rice
- 2 garlic cloves, minced
- 2 teaspoons paprika
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon saffron threads
- 6 cups chicken stock
- 2 pounds uncooked large shrimp, peeled and deveined
- 1-1/2 cups fresh broccoli florets
- 1 cup frozen peas

Directions

1. In a Dutch oven, heat oil over medium-high heat. Add onion, red pepper and mushrooms; cook and stir 6-8 minutes or until tender. Stir in rice, garlic and seasonings; cook 1-2 minutes longer.
2. Stir in stock; bring to a boil. Reduce heat; simmer, covered, 40-45 minutes or until liquid is absorbed and rice is tender. Add shrimp and broccoli; cook 8-10 minutes longer or until shrimp turn pink. Stir in peas; heat through.

Freeze option: Place cooled paella in freezer containers. To use, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, stirring gently and adding a little stock or water if necessary.

Yield: 8 servings.

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