**PRACTICAL LAB TEST: ARROZ A LA MEXICANA**

**~ THIS DISH IS A TYPICAL SOPA SECA, OR “DRY SOUP” OFTEN SERVED BEFORE A FISH, MEAT, OR POULTRY COURSE ~**

**1 RECIPE PER 2-3 PEOPLE**

**\*\*\*THIS IS A TEST. THERE IS NO TALKING TO OTHER PARTNERS OR ASKING THE TEACHER QUESTIONS.\*\*\***

**[](https://www.google.ca/url?q=http://www.shibanikitchen.com/mexican-rice/&sa=U&ei=wzd2U6HzPI7eoASjzYLYDw&ved=0CDkQ9QEwBg&usg=AFQjCNGaHPYzWbE9WnchqODcFkrFfARPvw)Ingredients:**

7½ mL vegetable oil

1 clove of garlic, crushed

½ small onion, diced

⅛ green pepper, diced

50 mL white rice

50 mL canned whole tomatoes (2 whole with liquid)

200 mL tomato juice

2 mL cumin

2 mL chilli powder

1 mL salt

f.g black pepper

f.d hot pepper sauce

**Directions**:

1. Prepare all vegetables according to directions above.
2. In a medium pot over medium heat, sauté onion, green pepper and garlic in hot oil till tender.
3. Add rice and fry until rice lightly browns.
4. Cut up tomatoes with a metal spoon and add to rice mixture. Add tomato juice and seasonings. Bring to a boil; reduce heat to low.
5. Cover; simmer for 15-20 minutes or until rice is tender and most of the liquid is absorbed.
6. Serve.