

### Ingredients:

2	Cups	Rice, Instant or Par Boiled
5	Cups	Broth (Chicken, Beef, or Vegetable)
1	Each	Zucchini
1	Each	Bell Pepper
1	Each	Red Onion
2	Each	Tomatoes
1	Cup	Peas
1	Cup	Corn
3	Tbsp	Salt
1	Tbsp	Black Pepper
2	Tbsp	Italian Seasoning (Thyme, Parsley, Oregano)
4	Tbsp	Butter
3	Tbsp	Oil



### Instructions:

Preheat oven to 350F. Cut all vegetables  $\frac{1}{4}$  in diced or chopped. Grease or spray a 9x13 baking dish.

Heat oil in a frying pan. When the pan is hot add the bell pepper, red onion, and zucchini. Cook the vegetables on medium heat for 4 minutes. Remove from heat. Do not cook vegetables longer in the pan. They will continue to cook in the oven.

Mix rice, tomatoes and stock in a large mixing bowl. Gently pour mixture into the greased baking dish. Add the cooked vegetables, peas, and corn to the baking dish. Sprinkle with salt, pepper, and seasonings. Gently stir mixture in the baking dish to combine all ingredients. Place the butter in the pan.

Spray or grease the bottom side of the foil. Place the greased side of the foil onto the pan and seal tightly.

Bake in the oven for 20-30 minutes. Cooking time will vary with every pan of rice and temperature of the everything before going into the oven. Check the doneness of the rice after 20 min. If it is not done return to the oven and continue to cook.

When rice is at the desired doneness, Fluff the rice with a fork. Let stand for 5 minutes and fluff again before serving.

Serves 4-6

*\*Please note that you can substitute any vegetables in this recipe. Raw vegetables need to be cooked slightly before adding to the baking dish.*