



Sweet Bell Pepper Rice

Jacob · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

I wanted a rice and peppers dish with Italian flavors so this is what I came up with

Ingredients

- - 2 cups water - 1 cup long-grain rice - 1 tablespoon olive oil - 1 small sweet onion
- finely chopped - 3 cloves garlic
- minced - 1 small green bell pepper
- chopped - 1 small red bell pepper
- chopped - 1 teaspoon dried basil - 1 teaspoon dried oregano - ½ teaspoon ground black pepper - 1 tiny pinch salt - 1 splash dry white wine - 1 tablespoon grated Parmesan cheese (Optional)

Instructions

1. Bring water and rice to a boil in a saucepan. Reduce heat to medium-low
2. cover
3. and simmer until rice is tender and liquid is absorbed
4. 20 to 25 minutes. Heat olive oil in a large skillet over medium-high heat. Cook and stir onion in hot oil until soft
5. about 3 minutes. Stir in garlic and continue cooking until onion is translucent
6. 2 to 3 minutes more. Add bell peppers; cook
7. stirring occasionally
8. until peppers are tender
9. about 5 minutes. Season with basil
10. oregano
11. black pepper
12. and salt. Pour wine into the skillet and reduce heat to medium-low. Simmer until liquid is reduced
13. about 5 minutes. Stir in cooked rice until well combined with vegetables. Top with Parmesan cheese to serve.