

## Basque Vegetable Rice

- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon crushed red pepper
- 1 medium onion, quartered and thinly sliced
- 2 cloves garlic, minced
- 2 large ripe tomatoes, seeded and diced
- 1 medium zucchini, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 cup thinly sliced fresh okra
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 1/4 cups short grained white rice (Valencia or Arborio)
- 3 cups chicken broth
- 2 tablespoons minced fresh flat leaf parsley

Heat oil in a large skillet with a lid, over medium heat. Add red pepper, onion and garlic and cook, stirring often, until the onion is soft but not browned, about 6 minutes. Add tomatoes, zucchini, bell peppers, okra, paprika, thyme, salt and pepper. Cover and simmer, stirring occasionally, for 15 minutes. Add rice. Stir to coat well with the vegetable mixture. Add broth and bring to a boil. Reduce heat to low, cover and simmer until the rice is tender, 25-30 minutes. Sprinkle with parsley to garnish for serving.