



Total Time
55 MIN.

Serving & Size
1 CUP

Difficulty
EASY

V8® 100% Vegetable Juice combines with onions, green peppers, garlic, peppers and hot sauce to make this perfect spicy rice side dish.


Yields
24

Nutrition Facts	
Serving Size	1 CUP
Amount Per Serving	
Calories 237	
	% Daily Value
Total Fat 2.2g	3%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 662mg	28%
Total Carbohydrate 47.3g	16%
Dietary Fiber 3.4g	14%
Protein 5.9g	12%
Vitamin A 33%	Vitamin C 189%
Calcium 4%	Iron 14%

INGREDIENTS

WEIGHT

MEASURE

vegetable oil		3	tblsp.
onion, minced	1 lb.	1	qt.
garlic, peeled, minced		1/4	cups
assorted bell peppers (green, red, yellow), diced	4 lb.	3	qt.
long grain white rice, unprepared	32 oz.	11/4	qt.
 V8® 100% Vegetable Juice		1 1/2	gallons
hot pepper sauce		1	tblsp.
bay leaf		5	ea.
black pepper, coarsely ground		2	tsp.

INSTRUCTIONS

1. In large skillet with lid or rondo, heat oil over medium-high heat; add onions and sauté 6 minutes, stirring often. Add garlic and continue to sauté 2 minutes, stirring.
2. Add peppers and continue cooking 5 minutes, stirring often.
3. Add rice and cook, stirring often, 5 minutes or until rice is coated and heated through.
4. Stir in Vegetable Juice, hot sauce, bay leaves and pepper and bring to a boil. Cover, reduce heat and simmer on very low for 18-20 minutes or until liquid is completely absorbed and rice is tender. Remove from heat and let stand 5-10 minutes before serving.
5. **To Serve:** Scoop 1 cup rice per serving and serve as an accompaniment for grilled meats, poultry, fish, seafood, etc.