



# Vegetable Paella

Recipe adapted from "Food for Fifty, 14th Edition."

## A flavorful Spanish style dish

**Prep time:** 25 minutes

**Cook time:** 30 minutes

**Yield:** 50 servings

**Portions:** 8 oz.

### Ingredients:

- 1/2 cup vegetable oil
- 1 lb. 12 oz. onions, diced
- 1 oz. garlic, fresh, minced
- 3 1/2 qt. water
- 4 oz. vegetable base (Low Sodium)
- 3 lb. rice
- 3 1/2 tsp. salt
- 1 tbsp. paprika
- 1 tbsp. turmeric
- 4 tsp. black pepper
- 1 lb. 8 oz. red bell peppers, cut in strips
- 1 lb. 8 oz. yellow bell peppers, cut in strips.
- 1 lb. 12 oz. green peas, frozen
- 4 lb. artichoke quarters, canned, drained
- 2 lb. kidney beans, canned, drained
- 2 lb. baby corn, frozen

### Directions:

1. Heat oil in a large stock pot over medium-high heat.
2. Add onions and garlic. Sauté 3 minutes or until garlic is fragrant.
3. Add water and vegetable base. Bring to a boil.
4. Stir in rice and spices. Cover and use low heat to simmer for 15 minutes.
5. Add peppers and vegetables. Cover and cook for 10 minutes or until liquid is absorbed.
6. Ready to serve.

### Nutrition Information



Fulfills vegetable requirement



Good source of fiber

Calories  
202 kcal

Carbohydrates  
202 g

Protein  
5 g

Fat  
5 g

Sodium  
341 mg

Fiber  
4 g