

Vegetable and Brown Rice Paella

Ingredients:

- 6 cups low sodium vegetable broth
- 1/8 tsp. saffron
- 1 tsp. paprika
- 1/4 tsp. cayenne pepper
- 1/2 tsp. salt
- 1 tbsp. extra virgin olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded and sliced
- 2 garlic cloves, minced
- 3 medium tomatoes, diced
- 1 1/2 cup short grain brown rice
- 1 medium bunch thin asparagus, chopped 2" length
- 6 canned artichoke hearts in water, halved
- 1 cup frozen peas



*VEGAN



*GLUTEN-FREE



*SOY FREE

Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 13

Amount Per Serving

Calories 130 **Calories from Fat** 15

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 4g	

Protein 4g

Vitamin A 15% • Vitamin C 40%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat oven to 400 degrees.
2. In a saucepan, bring broth to a simmer and stir in saffron, paprika, cayenne and salt. Remove from heat; set aside.
3. Heat oil in a large ovenproof skillet on medium-high heat. Add onion, bell pepper and garlic. Cook for 5 minutes, stirring often.
4. Add tomatoes and rice; stir to combine. Pour in reserved broth and bring to a boil. Cover, place in oven, and bake for 30 minutes.
5. Remove skillet from oven, uncover and place asparagus and artichokes on top, pushing vegetables into the rice. Scatter peas over the top. Cover and return to oven for 10 minutes. Uncover and cook for 5 minutes more, or until all broth is absorbed. Let stand 5 minutes before serving.