



Southwestern SooFoo™

Spicy Southwestern-style rice and grains for a South of the Border side dish.
- Submitted by Melina B. Jampolis, M.D.

20 min prep | 55 min total
Serves 4

Ingredients:

1/2 cup diced tomatoes
1/2 cup diced green bell pepper
1/2 cup diced onion
1/4 cup diced carrots
1/4 cup fresh salsa
2 garlic cloves, minced
Salt
1 cup SooFoo™

Instructions:

1. Cook SooFoo™ as directed (see "cooking instructions") and set aside
2. Combine green peppers, onions and garlic in large saute pan and cook until tender
3. Add tomatoes and salsa and continue to cook until tomatoes tender
4. Add cooked SooFoo™ and heat for an additional 1-2 minutes
5. Salt to taste