



GLASSES  
GOES  
GLUTEN  
FREE

# SWEET & SPICY RICE PILAF

SWEET PINEAPPLE RICE COMBINED WITH CHIPOTLE SPICE

## YOU WILL NEED:

- 2 tablespoons butter or olive oil
- 1 teaspoon minced garlic
- $\frac{1}{3}$  cup diced red onion
- 1 green pepper, diced
- 1 cup long grain rice
- $\frac{1}{2}$  chipotle pepper in adobo sauce, minced
- 2 teaspoons adobo sauce
- 2 cups diced fresh pineapple
- $\frac{1}{4}$  cup pineapple juice (your pineapple has a ton of natural juice that comes out after you cut it! I use this!)
- 1  $\frac{3}{4}$  cup chicken stock
- Salt to taste

- 1 Melt butter over medium heat in large saute pan. Add in garlic, onion, and green pepper and saute for 5 minutes.
- 2 Add rice and saute for another 3 minutes. Stir in minced chipotle pepper and adobo sauce. Keep stirring until rice is covered in chipotle.
- 3 Pour in pineapple, pineapple juice, and chicken stock. Bring to boil.
- 4 Once boiling, turn down to low heat and cover for 20 minutes - Do NOT lift lid!
- 5 Take off heat and let sit with lid for an additional 10 minutes. Fluff with fork!