



BUDGET FRIENDLY RECIPES

Vegetarian Paella

**Serves 4-6. Prep time: 30 minutes active;
60 minutes total.**

- 1 tablespoon Field Day olive oil
- 1 medium yellow onion, peeled and diced
- 1 large red bell pepper, seeded and diced
- 3 cloves fresh garlic, peeled and minced
- 1 medium zucchini, diced
- 2 cups Woodstock canned diced tomatoes and juice
- 2 teaspoons smoked paprika
- 1/2 teaspoon crushed red pepper flakes
- 1 1/2 cups rice, medium- or short-grain
- 3 cups Field Day vegetable broth, room temperature
- 1/2 cup canned artichoke hearts, drained and quartered
- 2 cups Field Day canned garbanzo beans, rinsed and drained
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Preparation

In a large oven-proof stock pot or Dutch oven, heat the oil over medium-high heat. Add the onion and bell pepper and sauté for 10 minutes or until softened. Add the garlic, zucchini, diced tomatoes with juice, paprika and chili flakes, and sauté for 5 to 10 minutes. Add the rice and broth, stir, and bring to a boil. Reduce heat to low and simmer for 10 minutes. Preheat the broiler while the rice is cooking. Add the artichokes, garbanzo beans, salt, and pepper. Cover the pot and simmer for 10 to 15 more minutes.

When the liquid is mostly absorbed and the rice is tender, transfer the pot to the broiler for 5 to 10 minutes, until the edges of the rice begin to brown and get a bit crispy. Remove from broiler and serve.

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Ingredient checklist

PRODUCE

- Yellow onion
- Red bell pepper
- Garlic
- Zucchini

BULK

- Medium- or short-grain rice

GROCERY

- Field Day vegetable broth
- Field Day olive oil
- Woodstock canned tomatoes
- Canned artichoke hearts
- Field Day garbanzo beans

SPICES/SEASONINGS

- Smoked paprika
- Red pepper flakes
- Sea salt
- Black pepper

Serving suggestion

There are a lot of layers of flavors in paella, so keep it simple with the side dishes. A tapas-style selection of olives, chewy bread and Spanish cheeses along with a crisp green salad dressed in a vinegar or lemon vinaigrette work well.

Nutritional information per serving

361 calories	71 g. carbohydrate
4 g. fat	8 g. fiber
0 mg. cholesterol	11 g. protein
399 mg. sodium	

Estimated cost

Total:	\$12.13
Cost per serving:	\$2.21

The nutritional values and information are approximations, and ingredient costs are estimated.