

Neapolitan Rice

(just another way to cook rice ...)

Ingredients:

15 mL	margarine
½	onion, chopped fine
1 can -284 mL	sliced mushrooms, drained (optional)
175 mL	rice, uncooked
½ package	frozen chopped spinach, thawed and drained
1 Can -398 mL	tomatoes, diced (with juice)
125 mL	water
5 mL	chicken stock or 1 package
2 mL	salt
1 mL	dried basil
Dash	pepper
125 mL	grated cheddar cheese



Method:

1. Preheat oven to 350 F. Grease casserole dish or square pan.
2. Drain mushrooms; set aside. Unwrap spinach, place in glass dish and microwave for 3 minutes. Drain, rinse with cold water so you are able to handle and squeeze out excess moisture.
3. In a large pot (= sauce pan) melt margarine; cook onions until softened.
4. If using, add mushrooms and cook for 5 minutes, stirring occasionally.
5. Stir in the rest of the ingredients **EXCEPT** the cheese. Bring to a boil, stirring occasionally and breaking up the pieces of tomato with wooden spoon.
6. Reduce heat to low and simmer covered for 10 minutes. **DO NOT PEEK.**
7. Stir in grated cheese and transfer to greased casserole dish. Bake covered in oven for 30 minutes.