

## Rice with Caramelized Onions

*Rice is a common side dish in Colombia and is eaten in many different ways. This recipe includes caramelizing the onions; don't rush this step. Caramelizing onions brings out their natural sweetness and brings flavor to the rice. Serve this rice with any grilled meats or vegetables.*

Serves: 6

Serving Size: 1 cup

### Ingredients

- 2 tablespoons olive oil
- 1 cup yellow or white onion, thinly sliced
- ½-1 teaspoon salt
- 1 teaspoon sugar (optional)
- 2 cups long grain white rice, rinsed
- 1 clove garlic, thinly sliced
- 3 cups low sodium chicken, vegetable broth  
OR water

### Directions

1. In a medium pot, heat the olive oil over medium heat. Add the onions, salt, sugar (if using) and cook slowly, stirring frequently, until golden brown, about 10-15 minutes. Adjust the heat down if the onions are starting to burn.
2. Add the rice and garlic slices, stir to combine thoroughly with the onions, and cook for 1 minute.
3. Stir in the broth and bring to a boil. Decrease the heat to low.
4. Cover and cook for about 20 minutes or until the water is absorbed and the rice is tender.
5. Remove from the heat and let rest for 5 minutes. Fluff with a fork.

### Nutrition Info per serving:

Calories: 284, Saturated Fat: 0.8 g, Sodium: 270 mg, Added Sugars: 0.7 g, Fiber: 1.8 g, Protein: 4.7 g

Recipe adapted from:

<https://www.mycolumbianrecipes.com/rice-with-caramelized-onions-arroz-con-cebolla-al-caramelo/#recipe>