Ingredients

* 3 TBS olive oil
* 2 onions, diced
* 2 green bell peppers, seeded and diced
* 8 carrots, diced
* 9 cloves garlic, minced
* 3 cups brown rice
* 3 TBS tomato paste
* 28 oz crushed tomatoes
* 4 cups low sodium vegetable broth
* 1 cups water
* 1 bag frozen corn, thawed
* 1 bag frozen peas, thawed
* 2 TBS cumin seeds, toasted and ground
* 1 TBS chili powder
* 2 tsp salt
* 1 bunch parsley, leaves and stems chopped

Procedure

1. In a very large pot add olive oil and set on medium heat. Add the onions, peppers, and carrots and cook for 5 minutes until softened.
2. Add the garlic and cook for 1 minute, until fragrant. Add the rice and cook for 6 minutes, stirring frequently.
3. Add the tomato paste and stir to combine, and then add the tomatoes, the broth, water corn, peas, ground cumin, chili powder, and half the salt. Increase the heat and bring to a boil. Cover the pot, reduce the heat to low (simmer), and let cook until almost all the liquid is absorbed, about 30 minutes. Turn off the heat and let stand covered for 10 minutes.
4. Fluff with a fork, taste, and season. Mix in parsley.