



# INDIANA STATE FAIR RECIPE TRAIL

## Spanish Paella



## Ingredients

- 1/4 Cup of Extra Virgin Olive Oil
- 1 yellow onion, diced
- 1 bell pepper, diced
- 3-4 cloves garlic, minced
- 4 roma tomatoes, diced
- 1 bay leaf
- 1 teaspoon paprika
- pinch of saffron
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup white wine
- 8 oz Tempeh, cubed
- 4 boneless, skinless chicken thighs, cut into bite-sized pieces
- 1/4 cup fresh parsley, chopped
- 2 cups medium grain rice
- 5 cups chicken stock
- 1/2 cup of frozen peas
- lemon slices for garnish



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## Instructions

1. Add olive oil to a large skillet over medium heat. Add the onions, bell peppers, and garlic and cook until onion is translucent. Add chopped tomato, bay leaf, paprika, saffron, salt and pepper. Stir and cook for 5 minutes. Add white wine and cook for 10 minutes. Taste and add salt if needed.
2. Add Tempeh and chicken pieces and cook for 2 minutes. Then add rice, and parsley and cook for an additional 1 minute to toast rice.
3. Pour the broth slowly all around the pan and jiggle the pan to get the rice into an even layer. (Do not stir the mixture going forward!)
4. Bring the mixture to a boil. Reduce heat to medium low. Give the pan a gentle shake back and forth just once or twice during cooking.
5. After 15 minutes nestle peas into the top of the rice. Continue cooking an additional 5 minute until rice is just tender on top.
6. Remove from heat and allow to rest, covered, for 10 minutes. Garnish with lemon slices and additional fresh parsley just before serving.

## Fun Facts

- Indiana ranks 4th in the nation for acres of soybeans planted.
- The soybean plant is a legume related to peas, clover and alfalfa.
- A bushel of soybeans weighs 60 pounds (27.22 kg) and produces about 12 pounds of oil and 47 pounds of protein-rich meal.
- Each soybean plant produces 60 to 80 pods, each holding three pea-sized beans.