**Spanakorizo (Spinach & bpown rice)**

**Ingredients (**1 serving)

2-3 bunches spinach

1/2 cup vegetable stock

1 little dry onion, finely chopped

1 tsp fresh finely chopped dill

1/2 cup tomato sauce

1 tbsp ketchup

hot water (as much as is needed to cover the food and have the rice boil)

40 g medium-grain brown rice

1 little black pepper

**Method**

* Wash and strain the spinach.
* Sauté the onion in a little olive oil using a deep non-stick pan.
* Add the spinach and sauté a little together with the onion.
* Add the tomato sauce, the vegetable stock, the dill, the ketchup and stir well. Add a little hot water so that the vegetable stock dissolves.
* Then add the brown rice and stir. Make sure that the liquids cover the rice and the spinach well and if necessary, add some more hot water.
* Cover with the lid and boil over low heat until the brown rice is done. It takes about 8-10 minutes for the rice to be cooked.
* As soon as the rice is ready remove the lid and if the liquids are too many, boil over strong heat until they evaporate.
* Serve with freshly ground black pepper.