

## Ingredients

6 cups cooked brown rice  
1 Tbsp water  
2 onions, chopped  
1 green bell pepper  
4 cloves garlic, minced  
2 Tbsp chili powder  
1 tsp pepper  
2 Tbsp tomato paste  
2 cans diced tomatoes (14.5 oz)  
2 Tbsp fresh cilantro, chopped

---

## Instructions

In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onions and saute about 3 minutes, adding water just as needed to prevent sticking. Add green peppers and saute until tender, about 2-3 minutes. Add garlic and saute until lightly brown and soft. Add spices, tomato paste and diced tomatoes. Saute until heated through and slightly thickened. Add cooked rice and mix well.

## Nutrition Information Per Serving

Serving Size: 1/2 cup  
Serves 12  
Calories: 150  
Fat: 1 gm  
Sodium: 75 mg  
Fiber: 4 gm  
Carbohydrates: 31 gm  
Protein: 4 gm  
Sugar: 4 gm