

Ingredients

3 cups cooked brown rice	1 Tbsp tomato paste
1 Tbsp water	1 can diced tomatoes (14.5 oz)
1 onion, chopped	1 Tbsp fresh cilantro, chopped
1/2 green bell pepper	
2 cloves garlic, minced	
1 Tbsp chili powder	
1/2 tsp pepper	

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 6
Calories: 150
Fat: 1 gm
Sodium: 75 mg
Fiber: 4 gm
Carbohydrates: 31 gm
Protein: 4 gm
Sugar: 4 gm