

Spanish Rice

Serves: 12-1/2 cup

amount	unit	Ingredients:
6	cups	cooked brown rice
1	Tbsp	water
2	each	onions, chopped
1	each	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 can
2	Tbsp	fresh cilantro, chopped

In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add onions and sauté about 3 minutes, adding water just as needed to prevent sticking.

Add green peppers and sauté until tender, about 2-3 minutes. Add garlic and sauté until lightly brown and soft.

Add spices, tomato paste and diced tomatoes. Sauté until heated through and slightly thickened. Add cooked rice and mix well.

Nutritional Information:

Calories: 150; Carbohydrates: 31g; Fiber: 4g; Sugar: 4g; Protein: 4g; Fat: 1g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 75mg