

Tex-Mex Rice

Makes 4, 1-cup servings

2 t canola oil
1 cup diced bell or poblano pepper
1 T minced garlic
1.5 t cumin
2 t paprika
1/2 t chili powder
1/4 t black pepper
1 cup dry brown rice
1 -14 oz. can no salt added diced tomatoes
1 cup vegetable broth
1/4 cup water



Heat oil in a medium-sized pot for 30 seconds at medium to high heat. Add poblano pepper, garlic, cumin, paprika, chili powder, and black pepper. Heat this mixture covered for 2 minutes stirring every 20 seconds. Add rice and sauté for an additional minute. Add tomatoes, broth, and water, cover, and bring to a boil. Reduce heat to lowest setting and cook covered for an additional 35 minutes or until all water is absorbed.

Nutrition information per serving (1 cup): 170 calories, 3.5g fat (1g saturated fat), 4g protein, 150mg sodium, 4g dietary fiber. Excellent source of vitamins A and C. Good source of iron.

