



Speedy Spanish Rice

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 4 servings.

Mexican food is big with our family; in fact, one of my nephews loves this dish so much that he always requests it for his special birthday dinner! -Angie Rorick of Fort Wayne, Indiana

Ingredients

1-1/2 cups uncooked instant brown rice

1 medium onion, chopped

1 small green pepper, chopped

1 tablespoon butter

1 garlic clove, minced

1-1/2 cups water

1 tablespoon minced fresh cilantro

2 teaspoons ground cumin

1-1/2 teaspoons chicken bouillon granules

1/4 teaspoon pepper

1 cup picante sauce

Directions

1. In a large nonstick skillet, saute the rice, onion and green pepper in butter until rice is lightly browned and vegetables are crisp-tender. Add garlic; cook 1 minute longer. Stir in the water, cilantro, cumin, bouillon and pepper; bring to a boil. Reduce heat; cover and simmer for 5 minutes.

2. Remove from the heat; let stand for 5 minutes. Fluff with a fork. Stir in picante sauce.

Nutrition Facts

3/4 cup: 201 calories, 4g fat (2g saturated fat), 8mg cholesterol, 615mg sodium, 35g carbohydrate (5g sugars, 3g fiber), 4g protein. **Diabetic Exchanges:** 2 starch, 1 vegetable, 1 fat.

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