



Spanish Rice

INGREDIENTS:

2 cups Brown rice, short grain
4 each Roma tomatoes
1/4 cup Onion
1 each Garlic clove
3 cups Water
1/4 teaspoon Salt
1/8 teaspoon Black pepper, ground
1 teaspoon Olive oil
1/2 cup Carrots, diced
1/4 cup Green peas

PREPARATION:

- Heat a large saucepot to medium high heat. Add oil then sauté brown rice until it browns and toasts.
- In a blender, puree tomatoes, onion, garlic, water, salt and pepper. Then add to toasted brown rice.
- Allow the rice to come to a boil, add diced carrots and green peas. Next, reduce heat to low and cover.
- Allow steaming for about 1-1.5 hours, the rice will soak up all of the moisture and become fluffy.

Chef's Note: Serve with seared tuna or any of your Mexican favorites!

Serving Size: 1/4 cup

Calories: 75

Fat Grams: 1.5

