



Mexican Rice

Ingredients

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| 1 tablespoon vegetable oil | ½ teaspoon chili powder |
| 1 cup chopped onion | ¼ teaspoon salt |
| 1 (14½-ounce) can low-sodium chicken broth | 1 cup frozen corn, thawed |
| 1 cup white rice | 1 cup frozen pea and carrot blend, thawed |
| ¾ cup chopped tomatoes | |

Preparation

1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over the top and serve.

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg