

Spanish Rice

Makes 8 (1/2 cup) Servings

Ingredients:

- ¾ cup white rice
- 3 Tbsp. vegetable oil
- 1 medium tomato, finely chopped
- ½ white onion, diced
- 2-3 strips bell pepper
- 1 Tbsp. granulated chicken bouillon (or 1 cube)
- 1-¾ cup hot water

Directions:

1. Using a deep skillet, sauté rice in 3 Tbsp. of oil on medium heat until golden brown (about 5-7 minutes). Stir constantly to avoid burning rice.
2. Add the onion and bell pepper and sauté 1 minute.
3. Add the chopped tomato and cook slightly.
4. Add the chicken bouillon and stir just to coat the rice. Immediately add 1-¾ cup hot water (reserving some liquid to add later as needed). Stir the rice and bring to a boil.
5. Reduce heat, cover and simmer for 20-25 minutes until tender. Check the rice at 15 minutes, stir, and add more water or adjust temperature as needed. Once rice is tender, remove from heat and let stand for 5 minutes before serving.

Nutritional facts per 1/2 cup serving:

Calories: 85 • Fat: 5g • Sodium: 183mg • Carbohydrates: 9g • Dietary Fiber: 1g • Protein: 1g

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