



Mexican Rice

Makes 6 servings (1 cup per serving)

Nutrition information
per serving:

Calories:	185
Carbohydrate:	39 g
Protein:	6 g
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	284 mg
Dietary Fiber:	4 g

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INGREDIENTS

Nonstick cooking spray	2	low-sodium chicken-flavored bouillon cubes
1 cup rice	1	8-ounce can tomato sauce
1 medium yellow onion, chopped	3 1/3	cups frozen vegetables (peas and carrots)
1 clove garlic, chopped	2	tablespoons chopped fresh cilantro
2 cups hot water		

PREPARATION

1. Lightly spray a large saucepan with nonstick cooking spray. heat to low. Cover and simmer for 20 minutes.
2. Add rice to saucepan. Cook over medium heat, stirring occasionally, until lightly browned. Stir in onion and garlic. Cook for 2 to 3 minutes. Add hot water, bouillon cubes and tomato sauce, stirring until bouillon cubes are dissolved. Reduce
3. Add frozen vegetables. Cover and simmer for an additional 10 minutes or until all moisture is absorbed.
4. Sprinkle cilantro on top of cooked rice. Serve.



Recipe courtesy of the *California Latino 5 a Day Campaign*.

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