

Fried Rice Fiesta

Lydia Duffney

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/2 cup onion, chopped
1/4 cup green pepper,
chopped
1 can (10-1/2 ounce) beef
broth
1 tomato, chopped
1/4 cup butter
1 cup rice
water*

In a saucepan, saute' the onion and green pepper in butter. Add the rice and continue cooking, stirring occasionally, until the rice browns.

Add enough water to the beef broth to make two cups. Add to the rice.

Cover and simmer for 15 minutes.

Add the tomato and continue cooking until all liquid is absorbed.

Per Serving (excluding unknown items): 1207 Calories; 48g Fat (35.8% calories from fat); 27g Protein; 166g Carbohydrate; 6g Dietary Fiber; 124mg Cholesterol; 1771mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 9 Fat.