
Mexican Rice II

Monica Suchoff-Kimmelman - Texas

North American Potpourri - Autism Directory Service, Inc - 1993

1 cup uncooked rice
1 onion, chopped or coarsely diced
1 clove garlic, sliced
1/2 small bell pepper, thinly sliced in small strips
1 cup peeled canned tomatoes, finely chopped
1 cup water
1 teaspoon (approx.) powdered chicken bouillon (to taste)
1/2 cup canned or frozen peas and carrots

In a skillet with a small amount of olive oil, saute' the rice, onion, garlic and bell pepper until the rice is golden brown (not dark brown). Drain the excess oil.

Add the chopped tomatoes and simmer for 1 to 2 minutes. Add one cup of water and the powdered bouillon. Cover tightly and simmer for 10 to 15 minutes on low heat.

When the rice is almost completely cooked, add the peas and carrots. Mix the rice and carrots thoroughly before serving.

Yield: 2 cups cooked rice

Side Dishes

Per Serving (excluding unknown items): 62 Calories; trace Fat (3.9% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 2 1/2 Vegetable.