

Spanish Rice



Ingredients

½ tsp.	Oil
¼ c.	Onions, diced
¼ c.	Bell pepper, diced, optional
½ c.	Diced tomatoes, canned
1 c.	Rice, cooked*
½ c.	Black beans, drained & rinsed
1 tsp.	Garlic powder
¼ tsp.	Chili powder
To taste	Salt & Pepper

Directions

In a medium skillet, heat oil over med. heat. Add onions & cook for 1-2 min., stirring continuously. Add bell pepper; continue to cook & stir for an additional minute. Add tomatoes, rice, black beans, & seasonings. Stir & cook until rice mixture is thoroughly combined & heated throughout; about 2-3 mins.

Serve as side dish or in a tortilla with meat, cheese, & avocado.

*If rice is uncooked: omit oil, place ¼ c. rice, ½ c. water, & all other ingredients in a med. pot. Bring to a boil over medium-high heat. Reduce to low. Cover & simmer for 12-15 mins, or until rice is tender. Stir & serve.

Prep Time: 10 mins.

Cook Time: 5 mins.

Makes: 1 ½ c. (3 -1/2 c. servings)

Nutrition Facts	
3 servings per container	
Serving size	1/2 c.
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%



Hollow out a bell pepper, stuff with Spanish rice, bake @ 350 for 30 mins. Top with cheese.



Serve in a tortilla with meat, cheese, avocado, or other veggies.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Created by Rayshal Spalding; University of Idaho, Coordinated Program in Dietetics.