

TOMATO-GARLIC SPANISH RICE

YIELD: 6 servings

TIME: Prep = 10 minutes
Total = 50 minutes

INGREDIENTS

- 2 T. Olive Oil
- 1/4 Medium onion, finely chopped
- 1/2 Red bell pepper, finely chopped
- 2 c. Long grain white rice
- 2 c. Low-sodium chicken broth
- 1 c. Tomato sauce
- Juice of 1/2 lemon
- 1 t. Chili powder
- 1 t. Garlic powder
- 1 t. Dried oregano
- 1.2 t. Ground cumin
- Salt & black pepper
- 1 T. Cilantro, freshly chopped for garnish

DIRECTIONS

1. In a medium saucepan over medium heat, heat oil. Add onion and pepper and cook until softened slightly, approx. 3-4 minutes. Add rice and cook, stirring frequently, until toasted and lightly golden, 4-6 minutes. Stir in broth, tomato sauce, lemon juice, chili powder, garlic powder, oregano, and cumin, Season liberally with salt & pepper.
2. Increase heat to high and bring to a boil, then reduce heat to low and cover with a lid. Continue cooking at a low simmer until all liquid is absorbed, about 15-18 minutes.
3. Remove from heat and let rest for 3-4 minutes, then remove lid. Fluff rice with a fork. Season to taste with salt and pepper.
4. Top with cilantro just before serving

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