

# MEXICAN RICE

Yield: 4 Servings (1 cup per serving)



**TOTAL TIME:** 1 hour 20 minutes

## INGREDIENTS

- 1 Tbsp. olive oil
- 1 cup onion (diced)
- ½ cup carrot (diced)
- ½ cup celery (diced)
- 2 garlic cloves (minced)
- 1 cup uncooked brown long grain rice
- ¾ cup tomato (diced)
- 1 Tbsp. soy sauce (low sodium)
- 1 tsp. fresh green chile (minced)
- 1¾ cup water
- 1 can vegetable broth (14.5 oz)
- 1 tsp. fresh oregano (chopped)
- 1 tsp. fresh cilantro (chopped)
- Oregano sprigs (optional)

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## PREPARATION

1. Heat olive oil in a large saucepan over medium-high heat. Add onion, carrot, celery, and garlic; sauté 8 minutes or until onion is golden.
2. Add rice, diced tomato, soy sauce, chile, water, and vegetable broth; bring to a boil.
3. Cover, reduce heat, and simmer 30 min. or until the rice is tender and liquid is almost absorbed.
4. Stir in chopped oregano and chopped cilantro. Garnish with oregano sprigs, if desired.

## NUTRITION

**Per serving:** Calories: 245; Fat: 5.4 g (0.8 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 44.6 g; Protein: 5.1 g; Fiber: 3.6 g; Sodium: 235 mg.

Recipe courtesy of Cooking Light