

# On The Border Mexican Rice



## Servings: 2

*2 tablespoons vegetable oil*  
*1/2 cup long-grain rice*  
*1/4 medium onion, chopped*  
*1/4 cup green pepper, chopped*  
*1/4 cup diced green chilies*  
*1 tablespoon chili powder*  
*1 tablespoon ground cumin*  
*1 clove garlic, finely chopped*  
*1 cup chicken broth*  
*1/2 cup tomato sauce*  
*1/2 teaspoon kosher salt*

Cuisine: Mexican

Heat oil in a small saucepan over medium heat. Add rice and cook (stirring frequently to prevent burning) until translucent and toasted, about 5 minutes.

Add onion, green pepper, green chilies, ground cumin and chili powder and continue cooking for 5 minutes, stirring often.

Stir in garlic and cook 1 minute longer.

Add tomato sauce, chicken stock, and salt and bring to a boil. Cover tightly and cook over low heat for 20 minutes.

Remove from heat and let sit, covered, for another 5 minutes, then fluff with a fork.

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Per Serving (excluding unknown items): 345 Calories; 16g Fat (39.7% calories from fat); 6g Protein; 47g Carbohydrate; 4g Dietary Fiber; 2mg Cholesterol; 1172mg Sodium; 4g Total Sugars; 0mcg Vitamin D; 77mg Calcium; 6mg Iron; 452mg Potassium; 113mg Phosphorus. Exchanges: .