



# Mexican Rice

## Ingredients

- |   |   |
|---|---|
| 1 tablespoon vegetable oil                      | ½ teaspoon chili powder                   |
| 1 cup chopped onion                             | ¼ teaspoon salt                           |
| 1 (14½-ounce) can 33% less sodium chicken broth | 1 cup frozen corn, thawed                 |
| 1 cup white rice                                | 1 cup frozen pea and carrot blend, thawed |
| ¾ cup chopped tomatoes                          |   |

## Preparation

1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over top and serve.

*With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.*

**Makes 6 servings.** ¾ cup per serving.

**Prep time:** 5 minutes

**Cook time:** 30 minutes

**Nutrition information per serving:**

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg