

# Mexican Style Brown Rice

- Save time on busy week night by making a large batch of rice on a day when you have more time. Save it in the fridge for up to 5 days, or freeze it for later meals, 1/2-1 cup per person.
- To support your heart, use cooking oil instead of lard or butter when you fry the dry rice. Try olive oil, canola oil, vegetable oil, peanut oil, safflower or rapeseed oil.
- If you are working towards eating more brown rice in your meals, try eating half brown and half white rice first to ease the transition.
- Eating smaller serving sizes can decrease the amount of salt that you eat at a meal. Use your favorite seasonings like Sazon, chicken bouillon or Adobo instead of salt, because these mixes have salt included.

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>1/2 cup (151g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 6mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 91mg	<b>2%</b>

\*The % Daily Value 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.

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Servings: 16–1/2 cup servings

Prep Time: 1 hour



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## Ingredients:

- 2 cups uncooked brown rice
- 2 Tablespoons olive oil
- 1–2 roma tomatoes, diced or 1 can diced tomatoes
- 1/2 medium white onion, diced
- 4 garlic cloves, minced or 2 teaspoons
- 4 cups water
- 2 teaspoons tomato paste
- 1 teaspoon salt

## Directions:

- 1) Add the oil to a large pot with a lid, over medium-high heat. When the oil is hot, add the uncooked, unwashed rice.
- 2) Sauté the rice for 7–10 minutes, stir occasionally, until the rice begins to brown lightly. Some of the rice grains may pop, this is ok! Do not let the rice get too dark!
- 3) Add the diced tomatoes, onions and minced garlic. Stir for about 1 minute.
- 4) Add the tomato paste, stir for about 1 minute. Add the water and salt and mix until paste is dissolved.
- 5) Bring the rice to a **boil**, stir occasionally. When it boils, **lower** the heat to simmer and **cover**. Let it cook for about 45 minutes, or until all of the water has been absorbed and the rice is cooked through. If the rice is not cooked and the water is gone, add a small amount of hot water to the pot, cover and continue to cook until it is tender.

Remember, brown rice will still be a little chewy (but not crunchy) when done.

## Recipe Credit:

Inspired by: [www.isabeleats.com](http://www.isabeleats.com)

Modified by: Kristen Elliott, RDN, LD

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