

# Vegetarian Mexican Rice

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-corn-mexican-recipe>

## Ingredients:

- 1 cup rice long grained white or basmati
- 3 tablespoons olive oil OR vegetable oil
- 2 green chilies OR jalapenos, seeded and chopped
- 2 cloves garlic peeled and minced
- 1 onion chopped
- 1/2 cup chopped bell peppers
- 1/2 cup baby corn chopped
- 3/4 cup sweet corn kernels
- 1/2 teaspoon chili powder optional
- 1/2 teaspoon pepper powder
- 3 tablespoons tomato sauce OR Puree
- salt to taste
- 2 1/2 cups water
- cilantro leaves to garnish, optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 28 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 330 milligrams
8. Sugar: 5 grams

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