

# Crock-pot Mexican Rice or Spanish Rice

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/brown-mexican-rice-slow-cooker-recipe>

## Ingredients:

- 2 cups basmati uncooked, or long or short grain brown rice
- 2 cups chicken broth or vegetable broth for vegan, or water
- 14 1/2 ounces diced tomatoes organic
- 1 onion medium, optional sautéed
- 1 bell pepper bell, optional sautéed
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon sea salt
- 2 tablespoons fresh cilantro

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 85 grams
3. Fat: 2.5 grams
4. Fiber: 4 grams
5. Protein: 11 grams
6. Sodium: 650 milligrams
7. Sugar: 5 grams

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