

# Spanish Rice

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-rice-recipe-in-india>

## Ingredients:

- 2 tomatoes roma or vine
- 1 white onion small
- 2 jalapeno chiles medium
- 2 cups rice long grain white
- 1/3 cup canola oil
- 1/2 teaspoon cumin
- 4 cloves garlic minced or pressed through garlic press, about 4 teaspoons
- 2 cups chicken broth low sodium or vegetable broth
- 1 tablespoon tomato paste
- 1 1/2 teaspoons salt
- 1/2 cup cilantro leaves minced fresh-I omitted this
- 1 lime cut into wedges for serving

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 38 grams
3. Fat: 20 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 960 milligrams
8. Sugar: 4 grams

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