

# One Pot Mexican Lentils and Rice

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-rice-recipe-and-chipotle-peppers>

## Ingredients:

- 1/2 cup lentils
- 1 cup rice
- 2 onions
- 4 cups stock
- 2 tomatoes
- 4 garlic cloves
- 2 chipotles in adobo
- 1/2 teaspoon cumin
- 1 pinch cinnamon
- 1 1/2 teaspoons salt
- cracked black pepper freshly
- 1 tablespoon olive oil

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 9 grams
6. Protein: 16 grams
7. Sodium: 1240 milligrams
8. Sugar: 9 grams

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