

Mexican Rice with Beans

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-style-red-beans-and-rice-recipe>

Ingredients:

- 2 cups brown rice You can use any long grain rice
- 1 cup red beans Boiled, Rajma - You can use canned beans too, Just drain water
- 1/2 cup onion Finely Chopped
- 1 can tomato sauce You can use fresh or canned tomato
- 3 cloves garlic Finely Chopped
- 1 jalapeño Finely Chopped
- 1 chicken Bullion - You may use veggie bullion/homemade broth/water as per convenience
- 3 cups water You can "Omit" this if using broth.
- 1 lemon
- 3 tablespoons olive oil Any Flavorless oil
- 2 teaspoons salt As per taste
- 1 teaspoon red chili powder
- 1/4 teaspoon crushed black pepper
- 1 teaspoon Mexican seasoning Optional- For some extra flavor.
- 1 tablespoon Tabasco Sauce Optional – You can use any pepper based light texture sauce like Tapato/Cholula/Etc

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 245 milligrams
4. Fat: 25 grams
5. Fiber: 12 grams
6. Protein: 95 grams
7. SaturatedFat: 6 grams
8. Sodium: 1530 milligrams
9. Sugar: 2 grams

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