

Mexican Rice made with Brown Rice

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 2 medium tomato about 12 ounces, cored and quartered
- 1 white onion medium, peeled and quartered
- 2 chili medium jalepeno, plus 1 for garnish, if desired
- 2 cups long-grain brown rice
- 1/3 cup canola oil
- 4 cloves garlic minced
- 2 1/2 cups low sodium chicken broth
- 1 tablespoon tomato paste
- 1 1/2 teaspoons table salt
- 1/2 cup cilantro leaves minced fresh
- 1 lime cut into wedges for serving

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 5 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 14 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1060 milligrams
9. Sugar: 5 grams

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