

# Spanish Rice and Mexican Seasoning Blend

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-seasoning-blend-recipe>

## Ingredients:

- mexican seasoning blend
- 2 tablespoons ground cumin
- 2 tablespoons chili powder ground
- 2 tablespoons paprika ground smokey
- 2 tablespoons dried oregano
- 1 tablespoon garlic powder
- 2 teaspoons cayenne powder
- 2 cups long-grain white rice
- 1/4 cup vegetable oil
- 1/2 cup yellow onion chopped
- 1/2 green bell pepper chopped
- 1/2 red bell pepper chopped
- 2 cloves garlic chopped
- 3/4 cup tomato sauce
- 2 teaspoons sea salt
- 2 3/4 cups chicken broth

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 94 grams
3. Fat: 19 grams
4. Fiber: 7 grams
5. Protein: 13 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1460 milligrams
8. Sugar: 7 grams

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