

Quick Mexican Brown Rice

Yield: 5 min
Total Time: 35 min

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

Ingredients:

- 4 cups brown rice frozen or cooked, unseasoned
- 1 teaspoon olive oil
- 1/2 onion medium, finely diced
- 2 plum tomatoes medium, small dice
- 1 jalapeno seeds and membrane removed, minced
- 2 garlic cloves minced
- 2 tablespoons tomato paste
- 1/2 teaspoon cumin
- 1/4 smoked paprika
- 1/4 teaspoon cayenne pepper
- 1 teaspoon kosher salt
- freshly ground black pepper to taste
- 5 lime wedges for serving
- chopped cilantro optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 131 grams
3. Fat: 6 grams
4. Fiber: 9 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 540 milligrams
8. Sugar: 4 grams

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