

Mexican Rice

(Makes 6 servings at ¾ cup each)

1 tablespoon vegetable oil	¾ cup tomatoes, chopped
1 cup onion, chopped	½ teaspoon chili powder
1 (14 ½ -ounce) can low-sodium chicken broth	¼ teaspoon salt
1 cup white rice	1 cup frozen peas and carrots mix
	1 cup frozen corn, thawed



1. Heat oil in saucepan over medium heat.
2. Add onions and sauté until soft, about five minutes.
3. Stir in broth, rice, ½ cup tomatoes, chili powder and salt. Bring to boil.
4. Reduce heat and simmer according to rice package instructions.
5. Stir in vegetables and let stand five minutes.
6. Spoon remaining tomatoes over top and serve warm.

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.*
Funded by the USDA's Food Stamp Program,
an equal opportunity employer and provider.



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