

Piñata Rice



Makes:

8 servings, approximately $\frac{1}{2}$ cup (160 g) each

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

small mixing bowl

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Recipe:

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Recipe Description:

There will be a race to the dinner table when your family gets a whiff of the enticing aroma served up by this delicious dish - and the taste lives up to the tantalizing fragrance.

$\frac{3}{4}$ cup
bell pepper, chopped
(112
g)
 $\frac{1}{4}$ cup
red onion, sliced, use Cone #4
2 cloves
garlic, minced
 $\frac{1}{2}$ teaspoon
basil
(2.5
mL)
10 ounces
green chile enchilada sauce
(284
g)
4.5 ounces
green chiles, diced
(128
g)
1 $\frac{1}{2}$ cups
chicken or vegetable broth
(360
mL)
 $\frac{1}{2}$ cup
water
(120
mL)
1 teaspoon
green pepper sauce (optional)
(5
mL)
 $\frac{1}{8}$ teaspoon
black pepper

(5
mL)
1 cup
brown rice, long grain
(185
g)
1 tomato, diced

Directions:

1. Preheat electric roaster to 250°F/121°C.
2. Add bell pepper and onion and sauté 3 minutes. Add garlic and basil and sauté for 3 more minutes. Remove vegetables to small bowl.
3. In the MP5 combine enchilada saucé, chiles, broth, water, green pepper sauce and pepper. Stir in rice and cover. Turn off MP5 and reset to RIC2 setting.
4. When cooking cycle is complete, turn off electric roaster and reset to RIC1 setting (brown rice requires a longer cooking time). At the end of this cooking cycle let the rice rest 5-10 minutes before fluffing.
5. Stir in cooked vegetables and diced tomato. Serve hot.

Tips:

- Mix in cooked chicken, fish or tofu to create a tasty main dish.
- Blend with extra broth to make a savory soup.

Nutritional Information per

▼ Serving

Calories: 119
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 442mg
Total 24g
Carbs:
Dietary Fiber: 1g
Sugar: 2g
Protein: 3g