

## Spanish Brown Rice



### Makes:

12 servings, 1 cup each (195 g each)

### Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

### Rate Recipe:

Select rating Give Spanish Brown Rice 1/5 Give Spanish Brown Rice 2/5 Give Spanish Brown Rice 3/5 Give Spanish Brown Rice 4/5 Give Spanish Brown Rice 5/5

[Write a Review](#)

3

cups

brown rice

(570

g)

4 <sup>1</sup>/<sub>2</sub>

cups

water or vegetable broth

(1.1

L)

3

cups

salsa

(680

g)

4

ounces

diced green chilies, canned

(115

g)

1

teaspoon

salt

(6

g)

1

tablespoon

garlic powder  
(8  
g)  
1  
teaspoon  
onion powder  
(2  
g)

### Directions:

1. Add all ingredients to the MP5 and stir gently.
2. On digital probe, press temperature key and then press the down arrow key twice to select RIC2. Let contents cook until complete.
3. Toss cooked rice gently with a fork and serve under beans, if desired.

### Tips:

- This recipe pairs wonderfully with Calabacitas.

#### Nutritional Information per Serving

**Calories:**

196

**Total Fat:**

1g

**Saturated Fat:**

0g

**Cholesterol:**

0mg

**Sodium:**

728mg

**Total Carbs:**

47g

**Dietary Fiber:**

5g

**Sugar:**

5g

**Protein:**

3g

Nutritional information calculated using water.