

Spanish Brown Rice



Makes:

12 servings, 1 cup each (195 g each)

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe:

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3 cups
brown rice
(570
g)
4 ½ 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 47g

Carbs:

Dietary Fiber: 5g

Sugar: 5g

Protein: 3g

Nutritional information calculated using water.