

# Spanish Rice

Yield 6 servings

## Ingredients

2 tablespoons	vegetable oil
1/2 cup	green pepper (chopped)
1/2 cup	onion (chopped)
1 teaspoon	garlic powder
1 teaspoon	chili powder
1 teaspoon	ground red pepper
1/2 teaspoon	salt
1/8 teaspoon	black pepper
1 cup	rice (uncooked)
1 can	canned chopped tomatoes (15.5 ounces, undrained)
2 cups	water

## Instructions

1. Brown green pepper and onion in oil until tender.
2. Stir in the spices, rice, tomatoes with juice, and water.
3. Cover and cook over low heat for 20 minutes or until rice is done.

## Cost

Per recipe: \$3.88  
Per serving: \$0.64

## Source

USDA Food Distribution Program on Indian Reservations, [A River of Recipes](#)  
[Native American Recipes Using Commodity Foods](#)

Nutrition Facts	
Serving Size 1/6 recipe (210g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 10%	Vitamin C 35%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	