



Little Chefs, Big Change

Mexican Rice



SERVINGS: 6

PREP TIME: 10 MIN

TOTAL TIME: 40 MIN

Elevate your taco night with this delicious, easy Mexican-style rice! If you don't have a blender, dice the onion, garlic, and tomatoes. Add them to the pot with the carrots. Feel free to substitute $\frac{1}{4}$ cup of tomato sauce for the fresh tomatoes. You can boost the fiber and protein of this already healthy side dish by substituting brown rice for the white rice. Just add $\frac{1}{2}$ cup more water and increase the cook time to 40 minutes.

INGREDIENTS

1½ cups long grain white rice
2 tablespoons canola oil
2 cloves garlic
1 small onion
2 tomatoes or about 2 cups cherry tomatoes
3 cups water
2 tablespoons better-than-bouillon
1 to 2 cups diced carrot

DIRECTIONS

1. Peel onion and garlic. No need to chop if using a blender.
2. Blend together the onion, garlic, tomatoes, water and bouillon. Set aside.
3. Peel and chop carrot. Set aside.
4. Rinse rice in mesh strainer until water runs clear. Set aside.
5. In a large pot over medium-high heat, add the oil. Once hot, add the rice and stir to combine. Cook over medium heat, stirring frequently for 5 minutes.
6. Add tomato mixture and carrots. Stir to combine. (If you don't have a blender, you add diced onion, garlic and tomato.)
7. Bring to a boil, then reduce heat to low, cover and simmer for about 20 minutes or until the water is completely absorbed.
8. Remove from heat and allow to rest for 5 minutes before fluffing with a fork.

NOTES