

Spanish Rice

Spice up taco night with this Spanish rice. Easy to make, full of flavor and a great filling meal for weight loss.

Prep:
15 minutes

Cook:
15 minutes

Ready In:
30 minutes

Servings:
4



Ingredients

- 1 cup water
- 1 14 oz can diced tomatoes
- 1 cup brown rice, uncooked
- 1 medium bell pepper, chopped
- 1/2 white or yellow onion, chopped
- 2 garlic cloves, minced
- 1/2 tbsp cumin
- 1 tbsp chili powder
- 1/2 tbsp smoked paprika
- 1 tsp salt

Instructions

1 Instant Pot Directions - Set the instant pot to the saute function and add a little water or coconut oil into the bottom of the pot. Add in your garlic and onions and saute 4-5 minutes or until fragrant. Add in the rest of your ingredients, turn to manual function, sealed and cook for 15 minutes. Let it naturally release.

2 Stove Top Instructions - Over medium heat add a little water or coconut oil into the bottom of a saucepan and saute your onions and garlic 4-5 minutes. Add in the rest of your ingredients. Bring to a boil, cover and reduce heat to a simmer and let cook 30-40 minutes or until the rice is fluffed. DO NOT take the lid off when it is cooking or it will burn the bottom of the pan. Take off heat and let sit 10 minutes before serving.

3 This is great to meal prep with beans or lentils for lunches. Add in a delicious sauce and some greens and you have a healthy meal to go. We also love to put this in burritos or use in tacos/enchiladas because it makes them that much better. Enjoy!

4 RECIPE NOTES - You can use white rice as well. Adjust cooking time to 5 minutes in the instant pot, manual & natural release. 25-30 minute on the stove top. Feel free to add other peppers from your garden or even fresh tomatoes. Get creative :)