

## **Mexican Brown Rice** from Holly Melendez

### **Ingredients:**

- 2 T olive oil
- 1 cup dry brown rice
- 1 onion, chopped
- 1 green pepper, chopped
- 1 clove garlic, minced
- 1-10 oz can tomatoes and green chilies
- 2 cups water
- 2 tsp chili powder, or Mexican seasoning
- Sea salt, to taste

### **Directions:**

1. In a large pot sauté olive oil, garlic, onion, and green pepper on medium high heat. Cook until onion is browned.
2. Add rice and stir continuously for approx 5 minutes.
3. Add water, tomatoes, and seasoning.
4. Cover and bring to boil.
5. Reduce heat to low and simmer approximately 40 minutes or until all water is absorbed.
6. Remove from heat, let stand 5-10 minutes and fluff with a fork.
7. Add salt, if desired.

**Bon Appétit!**

