

Spanish Rice

Serves 6, one cup per serving

Ingredients

- ½ cup onion, finely chopped
- ¼ cup chopped green pepper
- 3 Tablespoons margarine
- 1 can (16 oz.) stewed tomatoes
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 cups cooked rice



Directions

1. In large skillet, cook and stir onion and green pepper in margarine until onion is tender.
2. Stir in tomatoes, salt, pepper, and rice. Simmer uncovered over low heat, about 15 minutes, until flavors are blended and mixture is hot.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 50

% Daily Value*

Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 3g	6%

Vitamin A 10% • Vitamin C 15%

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.