

Mexican Rice



Yields: 2-4 servings

Ingredients:

- 2 tablespoons vegetable oil
- 1 cup long grain rice
- 1/2 cup diced onion
- 1 garlic clove, minced
- 1 cup diced tomatoes, canned or fresh
- 1 can chicken broth (14.5 oz)
or two bouillon cubes dissolved in two cups of warm water
- 1/2 teaspoon salt

Instructions:

1. Before you get started cooking the rice, dice your onion, mince your garlic, and dice or measure out your tomatoes (include the juices). Warm up the chicken broth and add the salt to dissolve.
2. Choose a medium-sized sauté pan that has a tight- fitting lid. I use a 10 inch pan for this recipe. Heat vegetable oil in pan over medium high heat. Add rice and sauté until just golden brown. This should take about 5 minutes or less.
3. Add the onion, garlic and tomato. Stir while cooking for 2 to 3 minutes. Now, add the broth mixture to rice mixture. Bring the mixture to a boil and let boil for 5 minutes. Cover with lid and reduce heat to low. Simmer for 20 minutes or until liquid is absorbed. Check at the 15 minute mark to assess how much longer. If it goes too long, the rice will stick to the pan. You want it to be just barely done but not wet. Stir rice before serving.

