

Spanish-Style Rice

Makes: 4 Servings

Bottled tomato juice, in place of water or broth, is used to cook the rice.

Ingredients

- 4 cups** tomato juice
- 1 tablespoon** vegetable oil
- 1 cup** uncooked white rice
- 1 teaspoon** dried basil leaves (if you like)
- 1/4 teaspoon** garlic powder
- 2 cups** frozen mixed vegetables

Directions

1. Heat oil in a 10-inch skillet over medium heat. Add rice and cook for 30 seconds, stirring constantly.
2. Add tomato juice and garlic powder and heat to a boil. If using basil, add that too. Reduce heat to low. Cover and cook for 15 minutes.
3. Add vegetables to the skillet. Cover and cook for 10 minutes or until rice and vegetables are soft and most of the liquid is gone.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	250	
Total Fat	3 g	
Protein	6 g	
Carbohydrates	48 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	160 mg	