

Spicy Spanish Rice



Serves 5

Ingredients:

- 1/3 cup salsa, thick and chunky
- 1 cup water
- 1 green bell pepper, finely diced
- 1 can (16oz) diced tomatoes, not drained
- 1 ½ cups quick-cooking brown rice, uncooked
- ¼ tsp dried thyme
- Salt and pepper to taste

Procedure:

- Grease a large skillet with olive oil.
- Add all the ingredients and mix well. Bring to boil.
- Reduce heat to low.
- Cover and simmer 25 minutes, or until most of the liquid is absorbed, stirring occasionally.

Per serving:

- Calories: 131
- Protein: 3 gm
- Carbohydrates: 27 gm
- Fat: 1 gm

The green pepper and tomato add color as well as vitamins and minerals to this dish.