

# Rosita's Rice Pudding

(Atole de Arroz)

From the kitchen of Rosita Arreguin, San Antonio

Preparation time: 35 minutes

Number of servings: 6

**Ingredients:**

2 cups water

1 cup rice

2 sticks, cinnamon

2 cups skim milk

2 tablespoons evaporated milk

½ cup brown sugar

1 tablespoon vanilla flavoring

**Preparation:**

1. Bring water to a low boil. Add cinnamon sticks and boil for 15 minutes.
2. Add rice to water. Cover and cook on low flame until all water is absorbed and rice is fully cooked. Check and stir regularly. Add more water if rice needs more time to cook.
3. Slowly add the milk, stirring constantly. Add the evaporated milk and vanilla. Keep uncovered and continue to stir until rice thickens, about 15 minutes. If rice has not reached desired consistency, continue to stir and slowly add a little more milk.
4. Add the brown sugar and stir until the sugar has dissolved. Remove cinnamon sticks before serving.

**Nutrition information per serving:**

FAT: 12% of calories from fat (low)

FIBER: less than 1 gram (low)

CALORIES: 235



**TIP**

*Skim milk is a healthy drink.  
Once you get used to it, you won't drink anything else.*