## Lupe's Spanish Rice

From the kitchen of Lupe Gonzalez, San Antonio
Preparation time: 40 minutes
Number of servings: 4-6

## Ingredients:

1 tablespoon of margarine
1 cup uncooked rice
1 garlic clove
1 small onion, sliced
½ green pepper, diced
2 cups stewed tomatoes with juice
1 cup water
1 teaspoon salt or 1 chicken bouillon cube
1 teaspoon pepper

## **Preparation:**

- 1. In a medium saucepan, sauté onion, green pepper, garlic, and rice in margarine for 3-4 minutes.
- 2. Add stewed tomatoes, water, salt (or bouillon cube), and pepper. Mix well.
- 3. Bring to a boil then cover over low heat 30 minutes.

## **Nutrition information per servings:**

FAT: 19% of calories from fat (low)

FIBER: 2 grams (high) CALORIES: 109



Brown rice will add more fiber. Brown rice takes about 15-20 minutes longer to cook than white rice.