



Prep Time: 10 mins
Cook Time: 30 mins
Total Time: 40 mins

GREENHOUSE TO TABLE RECIPE

Spanish Rice

Ingredients

2 tablespoons olive oil
1 cup rice
½ large onion, diced
½ tablespoon salt
⅛ teaspoon ground cumin
⅛ teaspoon ground black pepper
2 ½ cups water
½ cup tomato sauce
1 tablespoon chicken bouillon (such as Knorr®)
1 whole serrano chile pepper

Nutrition Facts

calories 164, total fat 5g, saturated fat 1g, cholesterol 0mg, sodium 845mg, total carbohydrate 27g, dietary fiber 1g, total sugars 1g, protein 3g, vitamin c 2mg, calcium 19mg, iron 2mg, potassium 108mg

Directions

1. Heat oil in a saucepan over medium heat.
2. Cook and stir rice and onion in the hot oil until browned, about 5 minutes; season with salt, cumin, and pepper.
3. Pour water over the rice mixture.
4. Stir tomato sauce and chicken bouillon into the water.
5. Increase heat to medium-high, place a cover on the saucepan, and bring to a boil.
6. Add serrano chile pepper and continue cooking at a boil for 10 minutes.
7. Reduce heat to medium-low until the rice is tender and the water is absorbed, 15 to 20 minutes more.