

# Mexican Rice

*Unit: Large Skillet or Electric Skillet*

**2/3 - cups of onion (cut on #2 blade)**

**1.5 - cups of uncooked white rice**

**1 - tsp ground cumin**

**1 - clove of garlic (minced)**

**1 - 8oz can of tomato paste**

**1 - 14oz Can of tomato sauce**

**1 - tsp chili powder**

**3 - Cups of water**

Heat a large skillet on medium heat. (300 on electric). Immediately place the onion into the unit and cook until it is translucent while stirring. Next, add the rice and cook it while stirring until it begins to brown. (about 3-5 minutes)

Combine all ingredients in the unit and bring to a boil. Cover and reduce to low heat for 20 minutes or until the rice is tender.



**HEALTH QUEST**