

# Spanish Rice



TOTAL TIME

20 mins



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

359 kcal

## INGREDIENTS

- 4 c dry TVP rehydrated with warm broth. Or use textured pea protein for soy-free.
- 1 Tbsp olive oil
- 2 large onion chopped
- 2 medium green pepper chopped
- 2 can 15 oz tomato sauce
- 2 can 15 oz diced tomatoes, drained
- 3 tsp ground cumin
- 3 tsp chili powder
- 1 ½ teaspoon garlic powder
- ½ teaspoon salt
- 3 ½ c cooked brown rice
- Chopped green onions optional

## INSTRUCTIONS

1. In a large skillet, cook TVP, onion and pepper over medium heat 6-8 minutes or until onions and pepper are tender.

- 2. Stir in tomato sauce, tomatoes and seasonings; bring to a boil.
- 3. When boiling, add the cooked rice.
- 4. Heat through, stirring occasionally. Garnish with green onions.

NUTRITION

Nutrition Facts	
Spanish Rice	
Amount Per Serving (1 g)	
Calories 359	Calories from Fat 27
% Daily Value*	
Fat 3g	5%
Carbohydrates 54g	18%
Protein 32g	64%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD  
gluten free, soy-free

Tried this recipe?  
Let us know how it was!