

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!