Publicado en *Recetas Saladmaster*
(https://recipes.saladmaster.com)

Spanish Brown Rice



Sirve:

12 servings, 1 cup each (195 g each)

Pieza:

5 Qt./4.7 L Multi-Purpose Oil Core
Valora:
Agregar un Comentario

3 cups brown rice (570 g)
4 ½ cups water or vegetable broth (1.1 L)
3 cups salsa (680 g)
4 ounces diced green chilies, canned (115 g)
1 teaspoon salt (6 g)
1 tablespoon garlic powder (8 g)
1 teaspoon onion powder (2 g)

Preparación :

1. Add all ingredients to the MP5 and stir gently.
2. On digital probe, press temperature key and then press the down arrow key twice to select RIC2. Let contents cook until complete.
3. Toss cooked rice gently with a fork and serve under beans, if desired.

Consejos:

- This recipe pairs wonderfully with Calabacitas.

Información nutricional por ración

Calorías: 196
Grasa Total: 1g
Grasa Saturada: 0g
Colesterol: 0mg
Sodio: 728mg
Carbohidratos: 47g
Fibra Dietética: 5g
Azúcar: 5g
Proteína: 3g
Nutritional information calculated using water.