

Delicious Mexican Rice



Sometimes the best recipes are the simplest and this one falls into that category. With so few ingredients this is a Mexican rice dish that takes next to no time to make and tastes delicious. It can be enjoyed as a simple meal on its own or as an accompaniment to enchiladas or soft shell tacos fillings.

Ingredients:

2 cups of organic brown rice

1/4 cup olive oil

1 cup tomato passata

1 small red onion (chopped)

1 teaspoon sea salt

1 teaspoon freshly minced garlic

4 cups of chicken stock

1/4 teaspoon cumin ground

1/4 teaspoon black pepper (cracked)

Method:

1. Heat the olive oil in a large frying pan on medium heat.
2. Add the brown rice and cook for about 3 minutes stirring gently.
3. Add the onion and garlic and cook for another 2 minutes on medium heat.
4. Add the chicken stock, tomato, salt, cumin and black pepper and stir well.
5. Bring the mix to a simmer for 30-40 minutes or until the rice is cooked through and there is no liquid left.
6. Serve hot and enjoy!

Gluten Free | Dairy Free | Refined Sugar Free

