

# Mexican Rice

Total Cook Time: 1 hour

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 cups (4 cups)\* low sodium chicken broth
- Optional toppings and garnishes: Fresh cilantro, sour cream, hot sauce

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)\* chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 32 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release remaining pressure.
4. Fluff rice with a fork.
5. Serve warm with desired toppings

## Slow Cooker Cooking Directions:

1. Spray the inside of your cooker with non-stick spray. Place frozen meal into the slow cooker. Add the said amount of liquid above. Cover and cook on HIGH for 2-4 hours or until rice is fluffy. Continue with step 4-5

Leftover Suggestions:

- Vegetarian tacos, nachos, quesadillas, or enchiladas
- Mexican Rice Casserole – Mix with shredded meat, beans, cheese, and bake until bubbly.
- Stuffed Peppers – Combine with black beans, corn, and cheese, stuff into bell peppers, and bake.

Notes:

- Rice freezes beautifully! Portion and freeze any leftovers for an easy side on your next 'Taco Night.'

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 3g		<b>4%</b>	<b>Total Carbohydrate</b> 78g
Saturated Fat 0.5g		<b>3%</b>	Dietary Fiber 5g	<b>18%</b>
<i>Trans Fat</i> 0g			Total Sugars 4g	
<b>Cholesterol</b> 0mg		<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 950mg		<b>41%</b>	<b>Protein</b> 8g	
Vitamin D 0mcg 0% • Calcium 100mg 8% • Iron 2.7mg 15% • Potassium 320mg 6% Vitamin A 260mcg 30% • Vitamin C 19mg 20%				

4 servings per container  
**Serving size**  
3/4 cup (243g)  
**Calories per serving** **380**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), BROWN RICE, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), ONION, SALT, SPICE