



Spanish Rice (Semi-Homemade)

Info:

Makes 4 Servings 215 Calories per Serving

LOW CAL **SPICY**

Ingredients:



- ❖ 1 Box Rice-a-Roni Spanish Rice (or your favorite brand)
- ❖ 1 Medium Yellow Onion, coarsely chopped
- ❖ 1 14oz Can Diced Tomatoes & Jalapenos with juice
- ❖ 1 14oz Can Diced Tomatoes with juice
- ❖ 1 Clove Garlic, minced
- ❖ Cayenne Pepper, to taste
- ❖ Crushed Red Pepper Flakes, to taste
- ❖ Cooking Spray

Preparation:



1. Prepare the Spanish Rice in a deep skillet or large pot according to directions on box, but substitute cooking spray for butter.
2. In a separate pan sauté garlic and onions until tender.
3. When the box says to add tomatoes, add onions and garlic as well, cover and simmer.
4. Add spices to taste and serve hot!