



**POW RICE MEX**

**Nutrition Facts**

Serving Size: SERVING  
Serving per Container: 1

Amount Per Serving

Calories: 100

Calories from Fat 14

% Daily Value\*

<b>Total Fat</b> 1.5g	2%
Saturated Fat 0.2g	1%
Trans Fat N/A	
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 196mg	8%
<b>Total Carbohydrate</b> 18.7g	6%
Dietary Fiber 0.7g	4%
<b>Protein</b> 2.8g	6%

Vitamin A 1%

Vitamin C 2%

Calcium 1%

Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Mexican Rice

( Makes 4 cups = 8 – ½ cup servings)

- 2 teaspoons olive oil
- 1 cup long grain white rice
- 2 cups chicken stock
- 1 can tomato sauce (no salt added)
- 1 teaspoon cumin

### Directions:

1. In a frying pan heat 2 teaspoons olive oil on medium high heat.
2. Add the rice and stir gently for 2 minutes or until the rice browns lightly.
2. Add the chicken stock, tomato sauce, and cumin.
3. Cover pan with a tight fitting lid and simmer for 30 minutes. Yum!