

MEXICAN RICE

1 tbsp. Olive oil
1 tsp. Minced garlic
1 onion, diced
1 ½ c. instant rice
8 oz. tomato sauce
1 ½ c. broth (any flavor)

Dashes of Salt & Pepper
1 c. frozen peas and carrots
¼ tsp. Chili powder
¼ tsp. Cumin
1 can (15 oz.) diced tomatoes
1 c. black beans
1 tsp. Cilantro

Heat the olive oil in a large skillet over medium heat. Add onion and garlic. Cook for several minutes until soft and translucent. Stir in rice, tomato sauce and broth; bring to simmer. Stir in frozen vegetables, chili powder, cumin salt and pepper. Bring to a boil; cover, reduce heat and simmer for about 5 minutes. Stir in tomatoes, beans and cilantro; heat till warm.

Serves 6.

_____ Measure olive oil & garlic into large skillet
_____ Chop the onion & add to skillet; cook
_____ Measure rice & tomato sauce; add to skillet
_____ Measure broth & add to skillet; simmer
_____ Measure & add frozen vegetables to skillet
_____ Measure chili powder & cumin; add to skillet
_____ Measure salt & pepper; add to skillet
_____ Stir in diced tomatoes & black beans; stir
_____ Measure & stir in cilantro; heat till warm & serve
_____ Fill a sink with soapy water & wash dishes
_____ Dry dishes & sink & place towels in basket
_____ Put dishes away & place recipe in teacher's basket
_____ Wipe off counters, stove and microwave
_____ Sweep the floor & empty garbage and sink
drains



