



Mexican Rice

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 tbsp	margarine	45 mL
3 tbsp	vegetable oil	45 mL
4 ½ cups	brown rice	1.2 L
1 ½ cups	onions, finely chopped	375 mL
2	red peppers, finely chopped	2
3 cloves	garlic, minced	3 cloves
6 cups	water	1.5 L
3 (28 oz) cans	low-sodium tomatoes, diced or crushed	3 (796 mL) cans
1 tbsp	chili powder	15 mL
2 cups	cheddar cheese, grated	500 mL
1 tsp	salt	5 mL
Optional:	pepper	

Instructions

1. In a large pot, heat oil and margarine over medium-high heat.
2. Add the rice, onions, peppers, and garlic. Cook until the rice is browned and the vegetables are tender.
3. Stir in the water, tomatoes, chili powder, and salt. Bring to a boil.
4. Reduce heat and cover. Simmer under the rice is tender, about 15 – 17 minutes. Season with salt and pepper (if using).
5. Divide between serving bowls.
6. Sprinkle with cheese.

Note: Nutrition Information is on page 2.

Nutrition Information	
Serving 120 g (¾ cup)	
Calories	110
Fat	3.5 g
Saturated	1.5 g
+ Trans	0 g
Sodium	95 mg
Carbohydrates	15 g
Fibre	1 g
Sugars	1 g
Protein	3 g
Calcium	50 mg
Iron	0.5 mg

Food Guide Servings	
½ Vegetable & Fruit	
1 Grain Product	