

Naturally Mexican Rice

Ingredients:

· 2  c       Brown Rice

· 2 t         Vegetable Oil

· ¼ lrg     Onion (finely chopped)

· ¼ med  Green  and Red Bell Pepper (finely chopped)

· ¼ c        Green Olives (finely chopped)

· 1 sm     Tomato (finely chopped)

· 2            Garlic Cloves (minced)

· 1½ t      Chik N’ Seasoning

· 1½ t       Sea Salt

· ½ t         Dried Oregano

· 3 c          Water

· 8 oz       Tomato Sauce

Directions:

* Place rice in dry medium skillet and heat on medium high and stir frequently until rice begins to pop and crackle. Continue to heat 2-3 minutes stirring often. Remove toasted from skillet and set aside.
* Heat oil over medium heat in large pot with lid and add onion, peppers, olives to skillet and cook until onions are translucent. Stirring occasionally.
* Add tomatoes, garlic, chik seasoning, salt and oregano to skillet. Cook 1 minutes while stirring.  Add water and tomato sauce. Bring to boil, then add brown rice, stir and cover.
* Reduce to low and simmer for 60 minutes. Do not peak.