

# 5 INGREDIENT MEXICAN BROWN RICE

Prep time: 5 mins Cook time: 10 mins Total time: 15 mins  
Serves: 6 (1 cup servings)

*This 5 Ingredient Mexican Brown Rice might just be the simplest most flavorful rice dish you'll ever cook.*

## INGREDIENTS

- 1½ cups corn (frozen or fresh)
- 1 (15 oz.) can black beans, drained and rinsed
- 3 cups whole grain brown rice Minute® Ready to Serve Rice
- 1 tablespoon chili powder
- 1 cup jarred salsa
- Optional to garnish; fresh cilantro and/or diced avocado



## INSTRUCTIONS

1. Preheat a large skillet over medium heat. Add corn and black beans and cook until corn is tender, about 3 minutes.
2. Add Minute® Ready to Serve Rice and chili powder and stir to combine. Cook; stirring constantly, about 3 minutes.
3. Stir in salsa and cook until everything is combined and warmed through, about 2 minutes.
4. Remove from heat and let cool for 5 - 10 minutes, then garnish with cilantro and avocado, if desired. Serve as a main meal or alongside tacos, enchiladas or fajitas. Also, wonderful as a vegan burrito filling.

## NUTRITION INFORMATION (PER SERVING)

### **Serving Size: 1 cup**

Calories 215  
Total Fat 3g  
Carbohydrates 42g  
Protein 8g

### **Serving Size: 1/2 cup**

Calories 108  
Total Fat 2g  
Carbohydrate 21g  
Protein 4g

Recipe from:

<https://www.kimscravings.com/5-ingredient-mexican-brown-rice/>