

Spanish Rice (in pressure cooker)

Ingredients:

- 1 ½ c. brown rice
- ½ c. tomato sauce
- 1 garlic clove, minced
- 1 t. each: garlic powder, onion powder, cumin, vegetarian chicken seasoning
- ¾ t. salt
- ½ t. paprika
- Pinch of ground jalapeno, California chili
- 1 Bay leaf
- 1 ½ c. water

Directions:

1. Add all ingredients to pressure cooker.
2. Cook for 25 minutes.
3. Allow pressure to release naturally. Remove Bay leaf, fluff and enjoy!

Notes:

- You can cook this on the stovetop, just increase the water to 3 c. and cook for 45 minutes or until water is absorbed.

Did You Know? <https://draxe.com/brown-rice-nutrition/>

Is rice healthy? The answer is not always. Refined carbohydrates like white rice are basically fake foods and do nothing to promote the health of your body. So is white rice good for you? No, it's stripped of its nutrients, leaving pretty much nothing but carbohydrates that enter the bloodstream like an injection of sugar.

Brown rice nutrition, on the other hand, is loaded with vitamins and minerals as well as fiber and protein to balance the carbs in brown rice. Scientific studies has even shown that brown rice nutrition can reduce the risk of developing diabetes as well as heart problems. It's also a safe choice for anyone following a gluten-free diet.