

Mexican Rice

Total Cook Time: 1 hour

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 cups (4 cups)* low sodium chicken broth
- Optional toppings and garnishes: Fresh cilantro, sour cream, hot sauce

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)* chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 32 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release remaining pressure.
4. Fluff rice with a fork.
5. Serve warm with desired toppings

Slow Cooker Cooking Directions:

1. Spray the inside of your cooker with non-stick spray. Place frozen meal into the slow cooker. Add the said amount of liquid above. Cover and cook on HIGH for 2-4 hours or until rice is fluffy. Continue with step 4-5

Leftover Suggestions:

- Vegetarian tacos, nachos, quesadillas, or enchiladas
- Mexican Rice Casserole – Mix with shredded meat, beans, cheese, and bake until bubbly.
- Stuffed Peppers – Combine with black beans, corn, and cheese, stuff into bell peppers, and bake.

Notes:

- Rice freezes beautifully! Portion and freeze any leftovers for an easy side on your next 'Taco Night.'

Nutrition Facts

4 servings per container

Serving size
3/4 cup (243g)

Calories per serving **380**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	4%	Total Carbohydrate 78g	28%
Saturated Fat 0.5g	3%	Dietary Fiber 5g	
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 950mg	41%	Protein 8g	

Vitamin D 0mcg 0% • Calcium 100mg 8% • Iron 2.7mg 15% • Potassium 320mg 6%
Vitamin A 260mcg 30% • Vitamin C 19mg 20%

INGREDIENTS: DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), BROWN RICE, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), ONION, SALT, SPICE

