



CAJUN RICE

Recipe by Darlene Summers

CHEF'S NOTE

"This is another recipe I got from one of our potlucks at work. My husband likes this one. It is a little warm, so better test it before giving it to the kids."

READY IN: 20mins

SERVES: 4

UNITS: US



INGREDIENTS

- 1 medium onion, chopped
- 2 tablespoons oil
- 1 (13 3/4 ounce) can chicken broth
- 1 large red peppers (or combination of all 3) or 1 large green peppers (or combination of all 3) or 1 large yellow pepper, sliced into thin strips (or combination of all 3)
- 1 1/2-2 teaspoons chili powder
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon paprika
- 1/4 teaspoon ground red pepper
- 1 1/2 cups Minute Rice

DIRECTIONS

Cook onion in oil till tender but still opaque.

Add broth, pepper strips and seasonings.

Bring to a rolling boil; stir in rice.

Cover and remove from the heat.

Let set for 5 minutes.

Fluff with a fork.

NUTRITION INFO**Serving Size:** 1 (216 g)**Servings Per Recipe:** 4**AMT. PER SERVING % DAILY VALUE****Calories** 239.7

Calories from Fat 72 30%

Total Fat 8.1 g 12%

Saturated Fat 1.2 g 5%

Cholesterol 0 mg 0%**Sodium** 343.9 mg 14%**Total Carbohydrate** 35.4 g 11%

Dietary Fiber 2.5 g 9%

Sugars 3.3 g 13%

Protein 5.8 g 11%