



## Crock-pot Mexican Rice or Spanish Rice

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### Ingredients

- 2 cups uncooked basmati, or long or short grain brown rice
- 2 cups vegetable broth or water
- 1 14.5 ounce can organic diced tomatoes
- 1 medium onion, optional sautéed
- 1 bell pepper, optional sautéed
- 2 t chili powder
- 2 t cumin
- 1 t sea salt
- 2 T fresh cilantro

### Instructions

1. *Optional, heat 2 T of oil (olive or grape seed) in a skillet and brown the rice for additional flavor.*
2. Place all ingredients in a greased slow cooker except cilantro.
3. Stir, cover, and cook on high for 2.5-3.5 hours (or low for 6-8 hrs), checking after 2 hours to see how well the rice is absorbing the moisture. When the moisture is absorbed and the rice is soften, the rice is done. Add additional water or broth if needed.
4. Garnish with cilantro, serve and enjoy!

Recipe by Practical Stewardship at

<https://practical-stewardship.com/2014/04/30/crock-pot-mexican-spanish-rice/>