

Mexican Vegetable Rice

Prep Time: 35 Minutes | Makes: 6 servings

Ingredients

- 1 1/3 cups chicken broth
- 1 cup salsa
- 1 cup brown rice
- 1 cup onion
- 3/4 cup corn
- 1/2 cup zucchini, chopped
- 1/2 bell pepper, chopped
- 15 oz can low-sodium black beans

Optional: 1 tablespoon cilantro, chopped



Directions

1. In a medium saucepan, bring broth, salsa, rice, and onion to a boil over medium-high heat. Reduce heat and simmer, covered, for 20 minutes.
2. Stir corn, zucchini, bell pepper, and beans into hot rice and replace cover; let stand for 5 minutes.
3. Stir in cilantro and serve immediately.

*Fresh, frozen or canned corn can be used in this recipe.

Recipe from [EatFresh.org](https://www.eatfresh.org)

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