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Our Heart "Beets" Plant Strong

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Instant Pot Spanish Rice

Ingredients:

- ½ tsp cumin
- ½ tsp chili powder
- Black pepper to taste
- 3 cups water/low sodium vegetable broth
- 1 ½ cups rice
- ½ onion, chopped fine
- 2-3 cloves garlic, chopped fine
- 1-2 colorful bell peppers, chopped fine
- ½ cup fresh salsa

Directions:

1. Place chopped garlic, onion, peppers and ¼ cup water in instant pot on sauté mode (lid off) and cook until softened.
2. Turn off sauté mode. In a small bowl mix water/veg broth and seasoning.
3. Add salsa, rice & seasoning mixture to instant pot. Stir to combine.
4. Place lid on, seal and set cooking method for rice (10-12 minutes).
5. Once cooking is complete, stir mixture well and serve.

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories	275
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 235 mg	10 %
Potassium 608 mg	17 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 9 g	37 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	50 %
Vitamin C	287 %
Calcium	131 %
Iron	6 %
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	