

# Mexican Rice with Morningstar Chorizo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF DEE THOMAS

Servings: 10 Serving Size: 4 ounces

Ingredients	Quantity	Measure
Long grain rice	1	Pound
Morningstar Chorizo Crumbles	8	Ounces
Onion, ½" dice	2	Ounces
Garlic, minced	1	Ounce
Canned diced tomatoes	4	Ounces
Canned diced green chiles	2	Ounces
Frozen corn	8	Ounces
Cilantro, chopped	2	Tablespoons
Canola oil	4	Ounces
Coriander	1	Teaspoon
Chili powder	1	Teaspoon
Salt	1	Teaspoon
Ground black pepper	1	Teaspoon

## Preparation

1. Steam long grain rice.
2. Sauté onions and garlic in oil.
3. Add corn, green chiles, and Morningstar Chorizo Crumbles, continuing to sauté for 4 minutes.
4. Add diced tomatoes, coriander, salt, pepper, and chili powder, and simmer for 8 minutes.
5. Remove from heat and fold the rice and cilantro in with the vegetables.

## Nutrition Information \*From USDA Nutrient Database

Calories: 338 Total Fat: 122g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 147mg  
Carbohydrate: 45g Fiber: 4g Sugar: 1g Protein: 9g