



FANIMAL
RECIPES



FRIED MEXICAN BROWN RICE

TOTAL TIME: 40 MIN

- 5 cloves garlic, minced
- 2 Tbs olive oil
- 2 tsp chili powder
- 1 1/2 tsp cumin
- 1/2 tsp oregano, paprika, red pepper flakes
- 1 medium onion, white or purple, chopped
- 1 bell pepper or 3 mini bell peppers (red or orange), chopped
- 1 roma tomato, chopped
- 2 c corn kernels
- 2 c cooked brown rice
- 15 oz. can salt free black beans

Optional: cilantro, salt, and pepper

Photo credit: Eat Healthy Eat Happy

- 1** Combine the oil and garlic in a large saucepan or wok.
- 2** Heat on low about 5 minutes, stirring occasionally. Add the chili powder, cumin, paprika, oregano and red pepper flakes and simmer and stir another 5 minutes.
- 3** Add the onion and pepper. Turn the heat up a bit and saute for 5 minutes. Add the tomato and corn and saute for another 5 minutes.
- 4** Add the brown rice and saute 5 more minutes. Fold in the beans, cilantro and salt. Add some black pepper and any additional seasonings you like to taste.

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