Pantry Rice Pilaf

Ingredients
1 (14.5 oz) can of chicken broth
1 cup raw rice
1 (14.5 oz) can diced tomatoes
½ teaspoon salt
½ teaspoon chili powder
½ teaspoon garlic powder

¼ teaspoon pepper
1 chopped onion
1 cup diced frozen carrots
1 Tablespoon Parsley
2 cups cooked chicken (optional)

Instructions
In a large sauce pot combine chicken broth, rice, tomatoes and seasonings. Cover and bring to a boil. Reduce heat and continue to cook for 30-35 minutes. While rice is cooking, sauté the onions and carrots in 1 tablespoon olive oil. Add to the rice and continue cooking an additional 15 minutes.

Nutrition Facts
4 servings: 239 calories, 1g total fat, trace saturated fat, 0mg cholesterol, 621mg sodium, 49g carbohydrates, 4g fiber, 7g protein

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