Instant Pot Southwest Rice

Makes 12 servings
Recipe adapted from www.noracooks.com

2 tablespoons olive oil
1 yellow onion, chopped small
4 cloves garlic, minced
4 cups uncooked brown rice
1 28 oz can Rotel diced tomatoes with green chilies
4 ½ cups water

1. Set instant pot to Sauté function and sauté oil, onion, garlic, and rice for 1-2 minutes until fragrant.
2. Stir in the Rotel and Water. Place the lid on the instant pot and make sure the pressure valve is set to sealing.
3. Cook on high pressure for 24 minutes and allow for the pot to release pressure naturally.
4. Fluff with a fork and serve.

Nutrition per ½ cup serving: 170 calories; 4g Fat; 5g Protein; 29g Carbohydrates; 3g Fiber; 222mg Sodium