**SPANISH RICE** ATKINS FAMILY

1 CUP LONG GRAIN RICE UNCOOKED

4-5 GREEN ONIONS CHOPPED ALL THE WAY THRU THE GREENS

1 GARLIC CLOVED MINCED

½ TSP CUMINO SEEDS

¼ CUP GREEN PEPPER CHOPPED

15 OUNCE CAN OF WHOLE TOMATOES

2 CUPS WATER

SALT AND PEPPER TO TASTE

Brown rice in a large skillet with oil, stir constantly til golden brown,

Add green pepper, green onions, and garlic, stir 2-3 minutes over medium

Add tomatoes chopped and juice, water, salt and pepper and cumino seeds

Cover and cook 20 minutes on medium heat til rice is tender