

Southwestern Rice and Vegetable Chili

Serves 6-8

1 recipe Wellness Forum Health's **Brown Rice Vegetable Soup Mix**

1 28 ounce can diced tomatoes

1 tablespoon ground cumin

2 tablespoons mild chili powder

1-12 ounce package frozen corn

1 bunch cilantro, chopped

1 medium red onion, chopped

1 large ripe avocado, diced

Sea salt and pepper to taste

- Bring six cups water to a boil over high heat in a 4 quart saucepan.
- Add the soup mix, tomatoes, corn, cumin, and chili powder.
- Bring the pot to a boil, reduce the heat to medium, cover, and simmer for 45 minutes until the rice is tender.
- Season with salt and pepper
- Serve with the cilantro, red onion, and avocado as a garnish.