

Cajun Rice and Pork

INGREDIENTS

6 pork tenderloin fillets, about 1 1/2 pounds
1 1/2 teaspoons garlic powder
1 1/2 teaspoons thyme
1 1/2 teaspoons salt (optional)
3/4 teaspoon cumin
1/4 teaspoon cayenne pepper
1 can (13 3/4 or 14 1/2 ounces) chicken broth
1 cup Uncle Ben's Converted Brand rice
1 stalk celery, thinly sliced
4 green onions with tops, sliced
1/2 cup coarsely chopped red bell pepper

- Pound fillets to 1/2-inch thickness.
- Combine garlic powder, thyme, salt, cumin and cayenne pepper.
- Sprinkle half of spice mixture over one side of fillets; rub into surface.
- Repeat on reverse side of fillets with remaining spice mixture.
- Add enough water to chicken broth to make 2 cups.
- In 10-inch skillet, combine liquid and rice; mix well.
- Arrange fillets over rice, overlapping if necessary.
- Bring to a boil.
- Cover and simmer 20 minutes.
- Add celery, green onions and red bell pepper to skillet.
- Remove from heat and let stand, covered, until all liquid is absorbed, about 5 minutes.

Serves 6