

**Side Dish**

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# **Sweet Tea Rice**

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**Servings: 6**

**Preparation Time: 5 minutes**

**Start to Finish Time: 25 minutes**

**2 cups sweetened tea**

**1 cup long-grain rice, uncooked**

**1/2 teaspoon salt**

Bring the tea to a boil in a 3-quart saucepan over medium-high heat.

Stir in the rice and salt.

Reduce heat to low. Cover and simmer for 20 minutes or until the tea is absorbed and the rice is tender.

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Per Serving (excluding unknown items): 113 Calories; trace Fat (1.7% calories from fat); 2g Protein; 25g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 1 1/2 Grain(Starch).