Mexican Skillet Rice

Makes 6 servings

Ingredients:
1 lb ground beef or turkey
1 medium onion, chopped
2 Tbsp. chili powder
2 Tbsp. Tomato paste
1 Tsp. ground cumin
½ tsp. salt
3 cups cooked brown rice
1 -16 oz. can pinto beans, drained
2 -4oz. cans diced green chilies
1-14oz. can diced tomatoes (undrained)
Fresh cilantro for garnish (optional)

In a large skillet over medium-high heat, cook meat and onion until brown, stirring to crumble; drain. Return meat to skillet.

Add chili powder, cumin, tomato paste and salt; Stir in rice, beans, tomatoes and chiles; thoroughly heat.
Garnish with cilantro if desired. Serve immediately.

Calories 313; Fat 9gm; Cholesterol 29 mg; Sodium 340 mg; Carbohydrates 43g; Fiber 6 g; Protein 17g.

Cooks note: any leftovers from this dish can be used for burrito filling at another meal or served as taco salad.

For more information about nutrition and health programs contact:
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