



Enchilada Rice

Prep Time: 20 minutes

Cook Time: 30 minutes

Cost per serving: \$1.09

What you need:

Utensils:

- Cutting board & knife
- Skillet
- Measuring cups & spoons
- Mixing spoon

Ingredients:

- 1 pound ground beef (cooked)
- ½ cup onion, sliced
- ½ cup bell pepper, chopped
- 2 cups uncooked rice (4 cups cooked) (brown rice optional)
- 1 can of corn, drained
- 1 cup shredded low-fat cheddar cheese
- 4 tablespoons taco seasoning

Taco Seasoning

- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon salt
- 2 tablespoons chili powder
- 1 tablespoon paprika
- 1 teaspoon black pepper

What to do:

1. Wash your hands and clean your cooking area.
2. Brown ground beef, onions, and bell pepper in skillet. Drain meat.
3. Heat cooked rice, meat mixture, corn, and taco seasoning in skillet for 10 to 15 minutes. (add water to prevent the rice from sticking).
4. Add cheese and heat until cheese melts (about 5 minutes).



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 8

Amount Per Serving

Calories 370 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 430mg **18%**

Total Carbohydrate 50g **17%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 26g

Vitamin A 20% • Vitamin C 15%

Calcium 10% • Iron 25%