



Tasty Taco Rice Salad

Prep Time: 15 minutes

Cook Time: 25 minutes

Cost per serving: \$0.88

What you need:

Utensils:

- Cutting board & knife
- Measuring cups & spoons
- Large skillet with lid
- Stirring spoon

Ingredients:

- 1 pound lean ground beef, rinsed and drained
- 1½ cups uncooked instant brown rice
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño, chopped finely
- 2 cups spinach or romaine lettuce
- 1 cup reduced-fat shredded cheese

What to do:

1. Wash your hands and clean your cooking area.
2. Wash vegetables before cutting into them.
3. Cook ground meat in a large skillet until brown (160°F). Drain off fat. Rinse meat with warm water to remove more fat.
4. Add rice, water, onion, and chili powder to meat in skillet.
5. Cover. Simmer over low heat about 15 minutes to cook rice.
6. Add tomatoes and jalapeño. Heat for 2-3 minutes.
7. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040

Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Container 8

Amount Per Serving

Calories 250 **Calories from Fat** 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 170mg **7%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 22g

Vitamin A 35% • Vitamin C 25%

Calcium 15% • Iron 15%