



Enchilada Rice



Start to finish time: 30 minutes

Number of servings: 6

Nutrition Facts

Serving size 1 cup

Amount per serving
Calories **300**

% Daily Value*

Total Fat	8.1g	10 %
Saturated Fat	3.1g	16 %
Trans Fat	0g	
Cholesterol	51mg	17 %
Sodium	373mg	16 %
Total Carbohydrate	34g	12 %
Dietary Fiber	2.5g	9 %
Total Sugars	2.2g	
Includes 0g Added Sugar		0 %
Protein	24g	
Vitamin D	0.1mcg	0 %
Calcium	112mg	9 %
Iron	2.7mg	15 %
Potassium	500mg	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 1 pound ground beef
- 1/2 cup onion (sliced)
- 1/2 cup bell pepper (chopped)
- 2 cups uncooked instant brown rice
- 1 can of low-salt corn (drained and rinsed)
- 14.5 ounce can tomatoes (diced)
- 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
- 2 tablespoons cumin

DIRECTIONS:

1. Cook rice according to package instructions.
2. Gather and prepare remaining ingredients.
3. Heat a large skillet over medium heat. Add the ground beef and cook until meat starts to brown.
4. Add onions, bell pepper, and seasoning to the meat and mix.
5. Cook until meat is cooked through and vegetables are tender. Drain excess fat if needed.
6. Add the rice, tomatoes, and corn to the skillet mixture. Cook for an additional 10-15 minutes. (If needed, add a splash of water to prevent the rice from sticking).
7. Turn heat to low and add cheese. Heat until cheese melts.
8. Mix and enjoy!



STEP-BY-STEP DIRECTIONS:

Step 1

Cook rice according to package instructions.



Step 3

Heat a large skillet over medium heat. Add the ground beef and cook until meat starts to brown.



Step 5

Cook until meat is cooked through, and vegetables are tender. Drain excess fat if needed.



Step 7

Turn heat to low and add cheese. Heat until the cheese melts.



Step 2

Gather and prepare ingredients.



Step 4

Add onions, bell pepper, and seasoning to the meat and mix.



Step 6

Add the rice, tomatoes, and corn to the skillet. Cook for an additional 10-15 minutes. (If needed, add a splash of water to prevent the rice from sticking).

Step 8

Mix and enjoy!



SUBSTITUTIONS:

- The entire onion and bell pepper can be used for extra vegetables.
- Any color bell pepper will work, choose based on your preference!

MSU EXTENSION NOTES:

- If you are unable to find low-salt corn, rinse the kernels very well to wash any extra salt off.

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