**Dinner Tonight!**

**Quick and Easy Mexican Casserole**

1 pound lean ground beef  
1 box Spanish rice  
1–16 ounce jar Picante sauce (your choice of brand)  
1– 8 ounce package cheddar cheese  

Brown ground beef in skillet until juices run clear. Set aside. Cook Spanish rice according to package directions, but add Picante sauce instead of tomatoes (if your rice calls for tomatoes to be added).  

Add cooked ground beef to Spanish rice. Let simmer until heated thoroughly. Top with Cheddar cheese, tomatoes, black olives, sour cream, or fresh avocado slices. Serve while hot.  

For an added twist, stuff casserole ingredients in green bell peppers before baking, and bake until peppers are soft, then top with cheese.  

**Preparation Time:** 5 minutes  
**Cook Time:** 25 minutes  
**Serves:** 6  
**Cost per serving:** $1.41  

**Nutrition facts per serving:**  
Calories: 371  
Total Fat: 17 g  
Cholesterol: 82 mg  
Sodium: 503 mg  
Total Carbohydrate: 21 g  
Protein: 33 g  
Serve with: tossed salad or mixed fruit salad