Dinner Tonight!

Tex-Mex Beef Skillet

**Ingredients:**
1 lb ground beef or turkey  
1 medium onion, chopped  
2 Tbsp chili powder  
2 Tbsp tomato paste  
1 Tbsp ground cumin  
½ tsp salt  
3 cups cooked brown rice  
1 - 16 oz. can pinto beans, drained  
2 - 4 oz. cans diced green chilies  
1 – 14 oz 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, and chilies; heat through. Garnish with cilantro if desired. Serve immediately.

**Yield:** 6 servings  
**Cost per serving:** less than $2.00

**Cook’s note:** Leftovers from this dish can be served at another meal as filling for a burrito or taco salad.

**Nutrition Facts Per Serving:**  
Calories: 313  
Total Fat: 9 g  
Cholesterol: 29 mg  
Sodium: 43 g  
Total Carbohydrate: 43 g  
Protein: 16 g