Dinner Tonight!

Enchilada Rice

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

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

Preparation Time: 20 minutes
Cook Time: 30 minutes
Serves: 6
Cost per serving: $1.02

Nutrition facts per serving
Calories: 370
Total Fat: 7 g
Cholesterol: 55 mg
Sodium: 430 mg
Total Carbohydrate: 50 g
Protein: 26 g
Fiber: 4 g