



Spicy Rice Casserole

Yield: 8 servings

Serving Size 1 cup

Ingredients:

- 1 pound lean (15% fat) ground beef
- 1 medium onion, chopped
- 1 small bell or jalapeño pepper, chopped
- 1 cup rice, uncooked
- 2 cups chopped tomato, fresh or canned, with juice
- 2 cups water
- 1 tablespoon chili powder (or more to taste)
- 1 tablespoon dried oregano leaves
- 1 teaspoon salt
- 3/4 cup (3 ounces) shredded cheddar cheese



Directions:

1. Brown meat in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add onion and peppers and cook, stirring 8-10 minutes until vegetables are soft.
3. Add rice, tomato, 2 cups water, and spices. Mix well and bring to a boil.
4. Reduce heat to medium low, cover and simmer for 20 minutes. Add more water if needed.
5. Sprinkle with cheese and serve.

Notes:

- Try brown rice and simmer for 10 more minutes.
- If using instant rice, reduce water to 1 cup.
- Try ground turkey in place of beef.

Nutrition Facts: Calories,240; Calories from fat, 80; Total fat, 9g; Saturated fat, 4.5g; Trans fat 0g; Cholesterol, 45mg; Sodium, 440mg; Total Carbohydrate, 24g; Fiber, 2g; Protein,15 g; Vit. A, 20%; Vit. C, 20%; Calcium, 10%; Iron, 15%.

Source: Oregon State University Extension



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