



Tasty Hamburger Skillet

Serving Size: 1 cup

Yield: 7 Servings



Ingredients:

1/3 cup green pepper, chopped	3/4 cup canned whole kernel corn, drained
2 cups water	3/4 cup canned red kidney beans, drained
1 cup long grain white rice	1 pound ground beef, lean
1 teaspoon garlic powder	1/2 cup onion, chopped
1 tablespoon chili powder	1/2 cup cheddar cheese, grated
1 1/2 cups canned tomatoes, diced with juice	

Directions:

1. Cook hamburger, onion and green pepper in large frying pan (medium heat) until hamburger is no longer pink. Drain excess fat from pan.
2. Add water, rice, garlic powder, chili powder, tomatoes with juice, corn.
3. Cook, covered, for about 20 minutes or until rice is soft.
4. Remove from stove top, sprinkle with grated cheese and serve hot.

Tip: Garnish this dish with a tablespoon of low-fat sour cream.

Flavor boosters: green chilis, jalapeños, more garlic.

Nutrition Facts: Calories, 260; Calories from fat, 50; Total fat, 6g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 45mg; Sodium, 310mg; Total Carbohydrate, 34g; Fiber, 4g; Protein, 20g; Vitamin A, 10%; Vitamin C, 25%; Calcium, 10%; Iron, 10%.

Source: Oregon State University Extension Service, www.foodhero.org



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