



## Mexican Skillet Rice

Yields: 6 servings

### Ingredients:

1 pound lean ground beef or turkey  
1 medium onion, chopped  
2 tablespoons chili powder  
1 teaspoon ground cumin  
1/2 teaspoon salt  
3 cups cooked brown rice  
1 16-ounce can of pinto beans, drained

2 4-ounce cans  
diced green  
chilies  
1 medium fresh tomato, seeded and  
chopped (optional)  
Fresh cilantro for garnish (optional)



### Directions:

1. In large skillet over medium-high heat, cook meat until brown, stirring to crumble; drain. Return meat to skillet.
2. Add onion, chili powder, cumin and salt; cook until onion is tender.
3. Stir in rice, beans and chilies; thoroughly heat.
4. Top with tomato and garnish with cilantro if desired. Serve immediately.

### Notes:

*If desired, lower the sodium further by cutting back or omitting the salt, especially if your beans are canned with salt.*

**Nutrition Facts per serving:** Calories, 313; Total Fat, 9g; Cholesterol, 29 mg; Sodium, 340 mg; Total Carbohydrate, 43 g; Dietary Fiber, 6 g; Protein, 17 g.

**Source:** *Singing the Praises of Beans*, Alice Henneman, University of Nebraska-Lincoln Extension, Lancaster County.



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