



## Mexican Vegetable and Beef Skillet Meal

Serving Size: 1 cup

Yield: 8 servings

### Ingredients:

- 1/2 pound lean ground beef
- 3/4 cup onion, chopped
- 1/2 cup bell pepper
- 1 cup rice, uncooked
- 1 cup tomatoes, chopped (about 2 medium)
- 1 cup fresh, frozen, or canned mixed vegetables, chopped
- 1 tablespoon chili powder
- 1 tablespoon oregano
- 1 teaspoon salt
- 1/2 cup (2 ounces) shredded cheese
- 2 cups water



### Directions:

1. Brown beef in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add onion and peppers and cook, stirring, 10 minutes until vegetables are soft.
3. Add rice, tomato, mixed vegetables, water, and spices. Mix 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.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts: Calories, 140; Calories from fat, 50; Total fat, 6g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 25mg; Sodium, 380mg; Total Carbohydrate, 12g; Fiber, 2g; Protein, 9g; Vit. A, 20%; Vit. C, 25%; Calcium, 8%; Iron, 10%.

Source: Oregon State University Extension



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