Tex-Mex Skillet
Makes 4 servings

Ingredients:
½ lb. lean ground beef
2 teaspoon chili powder
1 teaspoon oregano
½ teaspoon cumin
1/8 teaspoon black pepper
½ cup onion, chopped
1 cup matchstick carrots
2 (8oz.) cans tomato sauce
1 ½ cups frozen corn kernels
1 ¼ cups water
1 cup instant brown rice
1 (15 oz.) can black beans, drained and rinsed
¾ cup shredded reduced-fat Cheddar cheese

Directions:
1. Coat a large non-stick skillet with cooking spray, and heat to medium.
2. Add ground beef, chili powder, oregano, cumin, black pepper, onion and carrots. Cook, stirring frequently for 5-8 minutes, or until beef is lightly browned.
3. Stir in the tomato sauce, corn, and water. Bring to a boil, reduce heat and simmer for 5 minutes.
4. Add the rice and black beans. Cook for 5-10 minutes more.
5. Remove from the heat. Sprinkle with cheese, cover, and let stand for 5 minutes until the rice is tender and the cheese is melted.

Source: Broome County Cornell Cooperative Extension