Mexican Skillet Rice  
Makes 8 servings

Ingredients:
1 pound ground beef, lean, or ground turkey
1 medium onion
1 bell pepper
1 cup frozen corn
2 tablespoons chili powder
1 teaspoon cumin
1 15.5 ounce can black beans, rinsed and drained
3 cups cooked brown rice
1 medium fresh tomato, seeded and chopped or 1 can diced tomato drained

Directions:
1. In large skillet over medium heat, cook meat until brown, stirring to crumble; drain.
2. Remove from skillet; add onion and pepper and cook until tender crisp.
3. Return meat to pan; add rice, beans, corn and seasonings. Heat thoroughly.
4. Top with tomato and serve immediately.

Source: Delaware County Cornell Cooperative Extension

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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