Mexican Skillet Rice
Makes 8 servings

Ingredients:
1 lb. ground beef, extra lean, or ground turkey
1 medium onion
1 seeded bell pepper
1 cup frozen corn
2 tablespoons chili powder
1 teaspoon cumin
1 16-oz. can unsalted black beans, 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: Cornell Cooperative Extension of Delaware County.