Tasty Taco Rice Salad
Makes 8 servings

Ingredients:
- 1 pound lean ground beef
- 1 1/2 cups instant brown rice, uncooked
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño (chopped finely)
- 2 cups spinach or romaine lettuce
- 1 cup 2% fat cheese, shredded

Directions:
1. Cook ground meat in a large skillet until brown (160° F). Drain off fat. Rinse meat with warm water to remove the grease.*
2. Add rice, water, onion, and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes to cook rice.
5. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.

Tips:
*Do not pour grease down the drain. Let grease harden, then put it in the trash.
2 cans (14.5 ounce) Mexican style tomatoes can be used instead of fresh tomatoes and jalapeño. This will increase the sodium.

Source: Cornell University Cooperative Extension – Iowa State Extension.