Tex-Mex Skillet

Ingredients:

- ½ lb. lean ground beef
- 2 teaspoons 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.

Yields about 4 servings

Source: Recipe from Broome County CCE

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

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