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Spanish Rice

Ingredients:

- 2 pounds lean ground beef
- 1 medium onion, chopped
- 1 green pepper, chopped
- 2 (8-ounce) cans tomato sauce
- 1 cup water
- 2½ teaspoons chili powder
- 1 teaspoon salt
- 2 teaspoons Worcestershire sauce
- 1 cup raw long grain rice

Makes 8 servings - 36% calories from fat

Instructions:

1. Brown ground beef in skillet and drain off fat.
2. Put all ingredients in crock-pot. Stir thoroughly.
3. Cover and cook on low for 7 to 9 hours or on high for 3 hours.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 75mg	25%
Sodium 690mg	29%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 25g	
Vitamin A 10%	• Vitamin C 35%
Calcium 2%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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