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## Tex-Mex Skillet

### Ingredients:

- ½ pound lean ground beef
- 2 teaspoon chili powder
- 1 teaspoon oregano
- ½ teaspoon cumin
- 1/8 teaspoon black pepper
- ½ cup onion, chopped
- 1 cup thinly sliced carrots
- 2 (8 ounces) cans tomato sauce
- 1 ½ cups frozen corn kernels
- 1 ¼ cups water
- 1 cup instant brown rice
- 1 (15 ounces) can black beans, drained and rinsed
- ¾ cup shredded reduced-fat cheddar cheese

*Makes 4 servings - 18% calories from fat*

### Instructions:

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. Drain if needed.
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.
6. Serve.

Source: Cornell Cooperative Extension Broome County

## Nutrition Facts

4 servings per container  
Serving size 1/4 of recipe (334g)

Amount per serving  
**Calories 300**

% Daily Value\*

Total Fat 6g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 880mg 38%

Total Carbohydrate 43g 16%

Dietary Fiber 10g 36%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 223mg 15%

Iron 9mg 50%

Potassium 857mg 20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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