Beef and Rice Mexican Skillet

INGREDIENTS:

- 1 Tbsp. cooking oil
- 1 large onion, chopped
- 1 pound lean ground beef
- 2 c. brown rice, cooked
- 1 fresh tomato, diced
- 1 (4-ounce) can green chilies, drained
- 1 (15-ounce) can black beans, rinsed and drained
- 2 c. frozen corn
- 1 (1-ounce) packet low-sodium taco seasoning
- 1 1/2 c. low-sodium chicken broth
- 1 c. shredded Colby and Monterey jack cheese, reduced fat
- Cilantro for garnish

DIRECTIONS:

In a large skillet over medium heat, heat cooking oil. Add onion and cook two minutes, then add ground beef and cook, breaking up with a wooden spoon, until no longer pink, six minutes. Drain fat. Add brown rice to skillet, then add tomatoes, chilies, black beans, corn and taco seasoning packet. Stir to combine, then add chicken broth. Bring to a simmer, cover and cook 20 minutes. Top with 1 cup shredded Colby and Monterey jack cheese and cover to let melt, two to three minutes. Garnish with cilantro and serve.

NUTRITION:

Makes 10 servings. Each serving has 240 calories, 9 grams (g) fat, 19 g protein, 19 g carbohydrate, 2 g fiber and 410 milligrams sodium.