

Enchilada Rice

Ingredients:

- 1 lbs. lean ground beef or other ground meat
- ½ c. chopped onions or 1 Tbsp. onion powder
- 14-oz. can whole-kernel corn or any canned vegetable, drained
- 4 Tsp. dry taco seasoning mix or dry enchilada sauce
- 2 c. rice cooked
- ½ c. grated cheese (such as cheddar)
- ½ c. sliced mushrooms, olives or any favorite vegetable (optional)

Directions:

- Brown meat with chopped onions. Drain juice and fat from cooked meat and onions. Add corn, taco seasonings, rice and vegetables (optional). Simmer for 10 minutes. Add grated cheese to top; cover and allow to stand for five minutes. Refrigerate leftovers promptly.

Makes 6 servings. Per serving: 240 calories, 4.5 grams (g) fat, 30 g carbohydrate and 2 g fiber.

NDSU EXTENSION
SERVICE