



Tasty
Hamburger
Skillet

INGREDIENTS

1 lb. **lean ground beef (15% fat)**
1/3 cup **onion** chopped
1/3 cup **green pepper** chopped
2 cups **water**
1 cup **long grain white rice** (get your whole grains by using brown rice)
1 tsp. **garlic powder** (or 4 cloves garlic, minced)
1 tbsp. **chili powder**

DIRECTIONS

- 1 Cook ground beef, onion, and green pepper in a large skillet over medium heat (300°F in an electric skillet) until hamburger is no longer pink. Drain excess fat from pan.
- 2 Add water, rice, garlic, chili powder, salt, pepper, tomatoes with liquid, corn, and beans.
- 3 Cook covered for about 20 minutes or until rice is soft.

1/4 tsp. **salt**
1/4 tsp. **ground black pepper**
15 oz. **canned diced tomatoes with liquid**
15 oz. **canned whole kernel corn** drained (or about 1 1/2 cups frozen)
15 oz. **canned red kidney beans** drained and rinsed
1/2 cup **cheddar cheese** grated

9
SERVINGS
40
MINUTES
TOTAL TIME

- 4 Remove from stove top, sprinkle with grated cheese, and serve.
- 5 Refrigerate leftovers within 2 hours.

Nutrition Facts: 270 Total Calories, 8 g Total Fat, 3.5 g Saturated Fat, 40 mg Cholesterol, 240 mg Sodium, 33 g Total Carbohydrate, 6 g Dietary Fiber, 3 g Sugars, 16 g Protein.
Daily Value of Vitamins: 8% Vitamin A, 20% Vitamin C, 8% Calcium, 10% Iron.

Recipe adapted from foodhero.org.

For tips and tricks to help your family live healthier, visit EatSmartWNY.org.

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