

Recipe of the Month

Recipe Source: Texas A&M AgriLife Extension Service's Dinner Tonight

<https://dinnertonight.tamu.edu/recipe/beef-and-rice/>

One Pan Tex Mex Beef and Rice (6 servings)

This easy, one pot beef and rice dish is great for groups and as a filling for tacos or by itself! It serves six and requires only five ingredients!

Ingredients

- 1 pound lean ground beef
- 1 15-ounce can of black beans
- 1 cup cooked rice
- 1 cup chunky salsa
- ½ cup fat-free cheddar cheese, shredded

Directions

1. In a large skillet, brown ground beef; drain off fat.
2. Add beans, cooked rice, and salsa; heat through. Add cheese and stir until just melted.

For a complete meal add a side salad and cup of fruit.

Nutrients Per Serving: 230 calories, 5 g total fat, 2 g saturated fat, 24 g protein, 22 g carbohydrates, 6 g dietary fiber, 2 g total sugars, and 550 mg sodium

Total Cost: \$\$\$

