

Cheesy Taco Rice

Ingredients:

- 1 Onion (diced)
- 500g Extra Lean Beef Mince
- 1 Sachet Gluten Free Taco Seasoning
- 750ml Beef Broth or Stock
- 300g Jasmine Rice (dry)
- 60g Tomato Purée
- 60g Light Tasty Cheese
- Chopped Spinach
- Grated Carrot

Method:

- Cook Beef & Onion in Pan
- Add Taco Seasoning no stir well
- Add stock, Rice & Tomato and combine then cover & allow to simmer for 12-15

Serve with Corn chips or Tortillas or, like I did, Roast Capsicum
Enjoy!

