

Tex Mex Beef Skillet

Makes 6 Servings

Ingredients:

- 1 lb extra lean ground beef or turkey breast
- 1 medium onion chopped
- 2 tbsp chili powder
- 2 tbsp unsalted tomato paste
- 1 tbsp ground cumin
- 1/8 tsp salt
- 3 cups cooked brown rice
- 1 (16 ounce) can unsalted pinto beans rinsed and drained
- 2 (4 ounce) cans diced green chilies
- 1 (14 ounce) can unsalted diced tomatoes un-drained
- fresh cilantro for garnish

Directions:

1. In a large skillet over medium-high heat, cook meat and onion until brown, stirring to crumble; drain
2. Return meat to skillet.
3. Add chili powder, cumin, tomato paste, and salt.
4. Stir in rice, beans, and chilies; heat through.
5. Garnish with cilantro if desired.
6. Serve immediately.

Nutrition Facts

6 servings per container
Serving size (383g)

Amount per serving
Calories 320

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 420mg 18%

Total Carbohydrate 48g 17%

Dietary Fiber 9g 32%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 5mg 30%

Potassium 785mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Family Conversation Starter:

If you could start a new family tradition, what would it be?

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