

Fiesta Rice Skillet Dinner

Serves 6

INGREDIENTS

1 Tablespoon canola or vegetable oil
½ cup diced onion
1 pound lean ground turkey or beef (90% lean), raw
1 (15 oz.) can black beans, drained, rinsed
1 (15 oz.) can diced tomatoes with green chilies, mild
1 cup canned corn kernels, drained, rinsed
1 cup mild picante sauce
1 teaspoon chili powder
1 cup brown or white rice, cooked according to package directions and set aside
1 cup shredded Monterey Jack cheese or cheddar

PREPARATION

In a large skillet with a lid, heat oil over medium-high heat. Add onion and ground meat and cook until browned. Add beans, and the next 4 ingredients and bring to a simmer. Reduce heat to low, cover with lid and simmer for 10-15 minutes. Remove from heat, add cooked rice and mix well. Sprinkle with cheese and serve.

NUTRITIONAL FACTS PER SERVING

Calories: 392
Total Fat: 15g
Saturated Fat: 6g
Cholesterol: 76mg
Sodium: 654mg
Carbohydrates: 40g
Dietary Fiber: 8g
Protein: 25g
Calcium: 20% Daily Value

Cost per recipe total ~ \$7.48

Cost per serving ~ \$1.25

(Cost is based on prices of less expensive brands, at low price stores such as Walmart or Aldi. Cost does not include seasonings that would not significantly change the cost.)