Fiesta Rice Skillet Dinner

***Your family will love this colorful, tasty, one-pan meal made with ground turkey, colorful vegetables and Mexican spices. No one will ever know you used brown rice!***

## Serving size: 1 cup

**Serves: 6**

## INGREDIENTS

## 1 Tablespoon canola or vegetable oil

1 medium onion, peeled and diced small

1 medium green pepper, diced small

1 medium red pepper, diced small

1 pound lean ground turkey or beef (90% lean), raw

2 cloves garlic, finely chopped

1 teaspoon ground cumin

1 teaspoon oregano

2 teaspoons chili powder (no salt added)

1 (15 oz.) can low-sodium black beans, drained and rinsed

1 (28 oz.) can diced tomatoes, no salt added

1 cup canned low-sodium corn kernels, drained and rinsed

salt and pepper to taste

1 cup brown or white rice, cooked according to package directions and set aside

1 cup shredded cheddar cheese

# PREPARATION

* In a large skillet, heat oil over medium-high heat.
* Add onion and peppers and sauté until softened.
* Add ground meat and cook until browned.
* Add garlic and spices and sauté until fragrant.
* Add beans, tomatoes and corn and bring to a simmer.
* Reduce heat to medium, cover with lid and simmer for 15-20 minutes until thickened, stirring occasionally.
* Remove from heat, add cooked rice and mix well. Adjust seasonings.
* Sprinkle with cheese and serve.