

Mexican Vegetable and Beef Skillet Meal

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

- 1/2 pound lean ground beef
- 3/4 cup onion, chopped
- 1/2 cup bell pepper
- 1 cup rice, uncooked
- 1 cup tomatoes, chopped (about 2 medium)
- 1 cup fresh, frozen, or canned mixed vegetables, chopped
- 1-2 tablespoons chili powder
- 1 tablespoon oregano
- 1 teaspoon salt
- 1/2 cup (2 ounces) shredded cheese
- 2 cups water

Directions:

1. Brown beef in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add onion and peppers and cook, stirring, 10 minutes until vegetables are soft.
3. Add rice, tomato, mixed vegetables, water, and spices. Mix and bring to a boil.
4. Reduce heat to medium low , cover and simmer for 20 minutes. Add more water if needed.
5. Sprinkle with cheese and serve.
6. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

Nutrition Facts	
Serving Size 1 cup (149g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 8g	
Vitamin A 60%	• Vitamin C 30%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1 cup each

Source: Marjorie Braker, OSU Extension, Clackamas County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>