

Spicy Rice Casserole

This recipe is an excellent source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 pound lean (15% fat) **ground beef**
- 1 medium **onion**, chopped
- 1 small **bell** or **jalapeño pepper**, chopped
- 1 cup **rice**, uncooked
- 2 cups chopped **tomato**, fresh or canned, with juice
- 2 cups **water**
- 2 tablespoons **chili powder**
- 1 tablespoon dried **oregano** leaves
- 1 teaspoon **salt**
- 1 cup (8 oz.) shredded **cheddar cheese**

Directions:

1. Brown meat in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add onion and peppers and cook, stirring, 8-10 minutes until vegetables are soft.
3. Add rice, tomato, 2 cups water, and spices. Mix well 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.

Tips:

- If using minute rice, reduce water to 1 cup.
- Try ground turkey in place of beef.

Nutrition Facts	
Serving Size 1 Cup (218g)	
Servings Per Container 9	
Amount Per Serving	
Calories 260	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 510mg	21%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 22g	
Vitamin A 20%	• Vitamin C 35%
Calcium 10%	• Iron 15%
*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	

9 servings, 1 cup each

Source: 2006. Adapted from Oregon Skillet Meals Fact Sheet CFS 5048. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>.