

## Tasty Hamburger Skillet

*This recipe is a good source of fiber, which may help protect you against some diseases.*

### Ingredients:

- 2 cups water
- 1 cup long grain white rice
- 1 lb lean ground beef
- 1/2 cup chopped onion
- 1/3 cup green pepper, chopped
- 1 teaspoon garlic powder
- 1 tablespoon chili powder
- 1 1/2 cups canned diced tomatoes, with juice
- 3/4 cup canned whole kernel corn, drained
- 3/4 cup canned red kidney beans, drained
- 1/2 cup grated cheddar cheese

### Directions:

1. Put water in a pan and bring to a boil.
2. Add rice and keep on medium heat, covered, stirring occasionally until rice is fully cooked. Set aside.
3. In a large frying pan add hamburger, onion and green pepper. Cook until hamburger is no longer pink.
4. Drain excess fat and return hamburger to pan.
5. Add garlic powder, chili powder, tomatoes with juice, corn and beans.
6. Cook for 5 minutes or until heated throughout.
7. Remove from stove top, sprinkle with grated cheese and serve hot.

### Nutrition Facts

Serving Size 1 cup (292g)	
Servings Per Container 7	
<b>Amount Per Serving</b>	
<b>Calories 260</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein 20g</b>	
Vitamin A 10%	• Vitamin C 25%
Calcium 10%	• 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	

7 servings, 1 cup each

### Bright Ideas:

For a spicier dish add some green chilies or jalapenos. Garnish this dish with a tablespoon of low-fat sour cream.

Source: Emilee Hugie and Danita Macy, OSU Extension, Warm Springs Indian Reservation. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>