



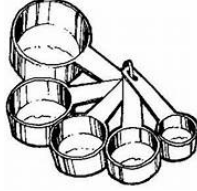




Chuck Wagon Skillet Dinner

Makes 6 Servings; 1 cup servings

Nutrients Per Serving:

230 Calories | 2.5g Fat (1.5g Saturated) | 32g Carbohydrates | 2g Added Sugar | 18g Protein | 330 mg Sodium | 0g Fiber

Equipment Needed

 <p>Electric Skillet</p>	 <p>Turning spatula</p>	 <p>Dry measuring cups and spoons</p>	 <p>Can opener</p>
 <p>Kitchen shears</p>	 <p>Colander</p>	 <p>Liquid measuring cup</p>	

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1 lb. lean ground beef</p>	 <p>1/2 cup frozen chopped onions</p>	 <p>1 packet taco seasoning mix</p>	 <p>1 cup water</p>
 <p>1 can of corn</p>	 <p>1 (14 1/2 oz) can stewed tomatoes</p>	 <p>1 cup uncooked instant rice</p>	 <p>1 cup shredded cheddar cheese</p>

Directions

Recipe continued on back page.

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



In a large skillet, brown ground beef and onions until beef is thoroughly cooked (160F). Drain excess grease if necessary.

3



Stir in taco seasoning mix, 1 cup water, 1 can of corn and 1 can tomatoes. Bring to a boil.

4



Stir in 1 cup uncooked instant rice. Reduce heat to low; cover and simmer for 5-7 minutes, or until liquid is absorbed, stirring occasionally.

5



Turn off the skillet. Take the lid off the skillet and stir mixture. Sprinkle with 1 cup shredded cheese. Cover and let stand for 3 minutes or until the cheese is melted.

6



Serve and enjoy!