

Tasty Taco Rice Salad



Ingredients:

- 1 pound lean ground beef
- 1½ cups instant brown rice, uncooked
- 2 cups water
- 1 cup onion, chopped (about 1 medium onion)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeno (chopped finely)
- 2 cups spinach or romaine lettuce
- 1 cup 2% fat cheese, shredded

**Seasonal
and Simple**

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See instructions on reverse.

Source: seasonalandsimple.info

Tasty Taco Rice Salad, continued

Instructions:

1. Cook ground meat in a large skillet until brown. Drain off fat.
2. Add rice, water, onion and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes to cook rice.
4. Add tomatoes and jalapeno. Heat for 2–3 minutes.
5. Place layers of spinach or romaine lettuce, rice mixture and cheese on plates.

Enjoy making this healthy and delicious recipe!

Visit marc.org/kcfresh for more information and recipes.

