

# Taco Rice Salad

This tasty southwestern-style rice bowl is a delicious alternative to traditional tacos.

Makes: 8 servings

Prep Time: 15 minutes

Cook Time: approx. 35 minutes

Source: [azhealthzone.org](http://azhealthzone.org) recipe/ Tasty Taco Rice Salad

## Ingredients

- 1 pound lean ground Turkey or beef
- 1 ½ cups instant brown rice
- 2 cups water
- 1 cup onion, chopped
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño, finely chopped
- 2 cups spinach or romaine lettuce
- 1 ½ cups low-fat cheese, shredded

## Directions

1. Wash onion, tomatoes, jalapeño, and spinach or romaine lettuce before preparing.
2. Cook ground meat in a large skillet until brown (160° F). Drain off fat (Do not pour grease down the drain. Let grease harden, then put it in the trash). Rinse meat with warm water to remove remaining grease.
3. Add rice, water, onion, and chili powder to meat in skillet. Cover. Simmer over low heat about 15 minutes to cook rice.
4. Add tomatoes and jalapeño. Heat for 2-3 minutes. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plate.
5. Serve immediately. Refrigerate any leftovers within 2 hours.



Small Changes,  
BIG Difference!

Click image to watch the recipe video



## Nutrition Information

Serving Size: 1 1/2 Cups	
Nutrients	Amount
Calories:	191
Total Fat:	4.5 g
Saturated Fat:	2 g
Cholesterol:	35 mg
Sodium:	260 mg
Total Carbohydrates:	19 g
Dietary Fiber:	2 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	18.8 g

## Utensils Needed

- Knife
- Cutting Board
- Baking Sheet
- Large Skillet
- Spoon

# SHOPPING LIST

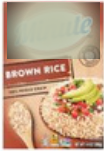






Average total cost without oil and seasonings: \$18.68

Average cost/serving: \$2.34

Recipe makes: 8 Servings

**Note:** The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Selecting a variety of different protein sources such as seafood or beans can help limit saturated fat.

## Ingredients

<input type="checkbox"/>		Add 1 to Cart Minute Whole Grain Brown Rice	<input type="checkbox"/>		Add 3 to Cart Tomato On The Vine (8 oz avg.)
<input type="checkbox"/>		Add 1 to Cart Ground Turkey or Beef 1 lb.	<input type="checkbox"/>		Add 1 to Cart Jalapeno Pepper (4 oz avg.)
<input type="checkbox"/>		Add 1 to Cart Fresh Romaine or Spinach (16 oz)	<input type="checkbox"/>		Add 1 to Cart Onion (medium)
<input type="checkbox"/>		Add 1 to Cart Low Fat Shredded Cheese (8 oz)			

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Ground turkey can be kept in the refrigerator and is best used within 2 days.
- Ground turkey can be frozen and will remain good for 3-4 months in the freezer.
- Store Lettuce and cooked rice separate to keep the lettuce crisp.