

# Vegetable and Beef Skillet Meal

This dish is packed with nutritious veggies and protein. Enjoy with a piece of fruit after to make a complete meal!

Makes: 8 servings  
 Prep Time: 10 mins  
 Cook Time: 45 mins

Source: [Foodhero.org/recipes](http://Foodhero.org/recipes)

## Ingredients

- 1/2 pound lean ground beef (15% fat)
- 3/4 cup onion, chopped (3/4 medium onion)
- 1 cup uncooked white rice
- 1 can (15 ounces) diced tomatoes (about 2 medium fresh tomatoes)
- 1 1/2 cups vegetables fresh, frozen, or canned and drained (try one or more-zucchini, bell pepper, broccoli, corn, cauliflower)
- 1 3/4 cups water
- 1 1/2 teaspoons chili powder
- 1 Tablespoon oregano
- 1 teaspoon salt
- 1/2 cup (2 ounces) shredded cheese

## Directions

1. Cook beef in a large skillet over medium-high heat (350 degrees in an electric skillet) until no longer pink. Drain fat.
2. Add onion and cook until soft, about 3 to 5 minutes.
3. Add rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.
4. Reduce heat to medium low (250 degrees in an electric skillet). Cover, and simmer for 20 minutes or until rice is cooked. Add more water if needed.
5. Remove from heat. Sprinkle with cheese and cover for 1 to 2 minutes to allow cheese to melt. Serve warm. Refrigerate leftovers within 2 hours.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1 cup (1/8 of recipe)	
Nutrients	Amount
Calories:	210
Total Fat:	7 g
Saturated Fat:	3 g
Cholesterol:	30 mg
Sodium:	390 mg
Total Carbohydrates:	25 g
Dietary Fiber:	1 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	90 mcg
Iron	2 mg
Potassium	310 mg

## Utensils Needed

- Large skillet
- Spatula or mixing spoon
- Knife for cutting veggies
- Cutting board
- Measuring spoons
- Measuring cups
- Serving bowls
- Spoons

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$14.04

Average cost/serving: \$1.75

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.

## Ingredients



Add 1 to Cart  
Ground Beef (1 pound)



Add 1 to Cart  
Vegetables (12 oz frozen)



Add 1 to Cart  
Onion (medium)



Add 1 to Cart  
Diced tomato (15 oz can)



Add 1 to Cart  
White Rice



Add 1 to Cart  
Shredded Cheese (8 oz)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Try using brown rice and simmer for 20 more minutes.
- Use lean beef, or try ground turkey or 1 1/2 cups of cooked beans (a 15-ounce can, drained and rinsed) instead to reduce fat and calories.
- For extra flavor, in step 3 add 1/4 teaspoon pepper and 1 teaspoon garlic powder or 4 cloves of minced garlic.

### Similar Recipes

- Cut costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Spicy Rice Casserole
  - Almond Rice Pudding
  - Baked Tomatoes with Cheese