



Enchilada Rice



\$8.56 per recipe

Nutrition Facts

| | |
|-------------------------------|--------------|
| 6 servings per container | |
| Serving size | 1 cup (278g) |
| Amount per serving | |
| Calories | 360 |
| % Daily Value* | |
| Total Fat 14g | 18% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 540mg | 23% |
| Total Carbohydrate 31g | 11% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 28g | |
| Vitamin D 0mcg | 0% |
| Calcium 104mg | 8% |
| Iron 4mg | 20% |
| Potassium 488mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:



1 pound lean ground beef
OR
lean ground turkey

½ cup onion, diced
OR
1 tablespoon onion powder

1, 14-ounce can no-salt-added whole kernel corn, drained

1 tablespoon cumin
OR
chili powder

Meal Idea

Enchilada Rice



Kiwi



Skim milk



1, 10-ounce can enchilada sauce



2 cups brown rice, cooked using package directions or our recipe



½ cup shredded cheddar cheese



¼ cup cilantro, minced (optional)

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Tools Needed:



knife



cutting board



can opener



colander



large skillet



stovetop



heat-safe mixing spoon



dry measuring cups



measuring spoons



food thermometer



aluminum foil

Directions:

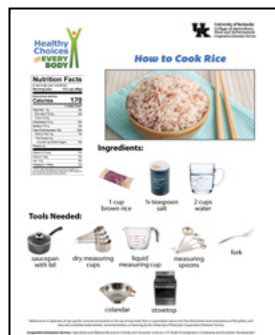
1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

Prepare 2 cups of brown rice or use leftover rice. If needed, locate the recipe for **How to Cook Rice**.



3

Dice ½ cup onion using a knife and cutting board.



4

Heat a large skillet to medium heat, and add 1 pound of ground beef and ½ cup diced onion.



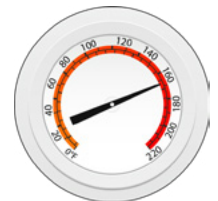
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After handling the raw ground beef, wash hands with warm water and soap, scrubbing for at least 20 seconds.



6

Break the meat up with a mixing spoon and move around the pan. Be sure it is cooked to an internal temperature of 165 degrees F (about 10 minutes).



165°F

7

Using a colander, drain the mixture, being sure not to pour the fat down the sink. Return the beef and onion mixture back to the skillet. Throw grease in the trash after it has cooled.



8

Open and drain the can of corn.



9

Add drained corn, 1 tablespoon cumin or chili powder, and 1 can enchilada sauce to the skillet. Stir well. Simmer for 10 minutes.



10

If using cilantro, rinse under water to get rid of any dirt. While the beef mixture is simmering, chop cilantro.



11

Turn off heat, and remove skillet. Stir in 2 cups cooked brown rice.



12

Add ½ cup shredded cheese, cover with aluminum foil, and let sit for 5 minutes. Sprinkle cilantro on top before serving.



**recipe makes 6 servings*

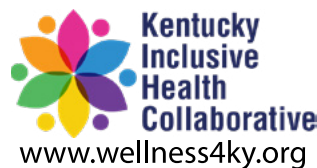
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Refrigerate leftovers within 2 hours. Eat within 3-4 days.



Source: Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015. www.usda.gov/whatscooking

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