



FIESTA RICE

Number of servings: 9

Ingredients:

- 1 cup canned kidney beans
- 1 medium round onion
- 2 cups vegetables (fresh, frozen, canned, leftovers)
- ½ pound lean ground beef (OR 1 cup leftover meat)
- 2 (8-ounce) cans tomato sauce
- Salt and pepper to taste
- 3 cups cooked rice
- 1 cup shredded cheese
- Optional: 1 medium bell pepper
- 1 rib celery

Directions:

1. DRAIN and RINSE kidney beans. SET aside.
2. CHOP onion and vegetables. SET aside.
3. Optional: CHOP bell pepper and celery.
4. In a large skillet or pan, BROWN beef and DRAIN OFF excess fat. OR, if leftover meat is used, CHOP into small pieces and HEAT.
5. ADD onion to skillet or pan, and STIR.
6. Optional: ADD bell pepper and celery. STIR.
7. ADD beans and vegetables. STIR.
8. COOK until tender.
9. ADD tomato sauce, salt and pepper. MIX well.
10. ADD rice and MIX well.
11. COVER and HEAT on low until piping hot.
12. ADD cheese and HEAT until melted.

Variations:

Substitute 1 (14-ounce) can stewed tomatoes instead of 1 can tomato sauce.

Use cooked brown rice for a hearty flavor.

Add 2 teaspoons chili powder for a spicy taste.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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