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Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	40 mg
Sodium	530 mg
Total Carbohydrate	29 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	20 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Enchilada Rice

Makes: 6 servings

Add your favorite vegetables and any lean ground meat to create this easy dish.

Ingredients

1 pound lean ground beef (or other ground meat)

1/2 cup onion (chopped, or 1 Tbsp onion powder)

1 can whole corn (14 ounce, or any canned vegetable, drained)

4 tablespoons taco seasoning mix (dry, or dry enchilada sauce)

2 cups rice, cooked

1/2 cup cheese (grated)

1/2 cup mushrooms, olives or any favorite vegetable (sliced, optional)

Directions

1. Cook meat and onion until onion juices are clear.
2. Drain juice and fat from cooked meat and onions.
3. Add corn, taco seasoning, and rice.
4. Simmer for 10 minutes.
5. Add grated cheese to top; cover and let set for 5 minutes.
6. Refrigerate leftovers within 2 hours.

Source: Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program