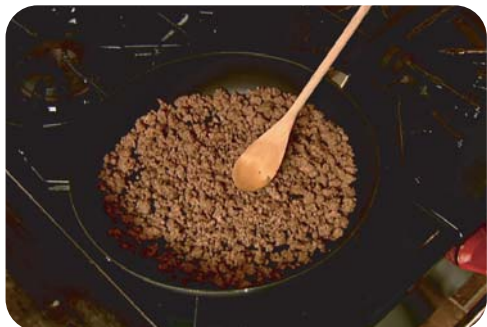


SPICY BEEF AND BROWN RICE

Serves - 4

Brown Ground Beef



Ingredients:

- 1 cup Carolina®, Mahatma®, River® or S&W® Brown Rice
- 1 pound extra lean ground beef
- 1 cup onion, chopped
- 1 tablespoon jalapeño pepper, minced
- 1 teaspoon garlic, minced
- 1 cup tomato, diced
- salt and pepper to taste

Directions:

Prepare rice according to package directions. In a medium non-stick skillet, brown ground beef. Add onion, pepper, garlic, and tomato. Cook until vegetables are tender (about 10 minutes). Salt and pepper to taste, if desired. Serve on a bed of hot, cooked brown rice.

Serves: 4

Stir in Ingredients



Nutritional Information:

Calories:	391	Fat – Total:	12 grams
Protein:	28 grams	Saturated Fat:	4 grams
Carbohydrates:	42 grams	Sodium:	91 milligrams
Dietary Fiber:	3 grams		
Cholesterol:	41 milligrams		

Serve



Helpful Tips

- Always wash your hands after handling jalapeños.
- Cook extra white or brown rice. It can be stored in the refrigerator up to six days; or, the freezer for up to six months
- Use a non-stick skillet to brown meat and other vegetables -- it helps reduce the need for added oil

Be sure to visit www.carolinarice.com or www.mahatmarice.com for more recipes, videos and information

You Can Cook This Recipes from Riviana Kitchens

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