



# Try it “Tuesdays”



## Mexican Fiesta Rice

Makes: 5 (1 cup) servings

Preparation Time: 25 Minutes

Cooking Time: 30 minutes

### Nutrition Facts

Serving Size 1 cup (332g)  
Servings Per Container 5

Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 430mg	18%
<b>Total Carbohydrate</b> 41g	14%
Dietary Fiber 5g	20%
Sugars 6g	
<b>Protein</b> 20g	
Vitamin A 40%	• Vitamin C 80%
Calcium 4%	• Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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



### Ingredients

- 1 pound ground beef, turkey or chicken (or 2 cups cooked beans)
- ½ onion, chopped
- 1 bell pepper, chopped
- 2 cups frozen corn, or 1 (15 ounce) can corn, drained

- 1 (15 ounce) can diced tomatoes
- 2 tablespoons chili powder
- 1 cup uncooked brown rice
- 2 beef bouillon cubes
- 2 cups water
- Salt and Pepper (optional)

### Directions

Cook ground beef, onion and bell pepper in a large pan over medium heat until meat is browned. Drain fat from pan. Add corn, tomatoes, chili powder, uncooked rice, bouillon cubes and water. Cover and simmer for 30 minutes. Refrigerate leftovers.

For more information, Contact your local EFNEP office

