



TASTY TACO RICE SALAD

Serves: 8 | Serving Size: 1½ cups | Per Serving: \$1.07

INGREDIENTS

- 1 pound lean ground beef, rinsed and drained
- 1½ cups uncooked instant brown rice
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño, chopped finely
- 2 cups spinach or romaine lettuce
- 1 cup 2%-fat shredded cheese

INSTRUCTIONS

1. Cook ground meat in a large skillet until brown (160° F). Drain off fat. Rinse meat with warm water to remove more fat.
2. Add rice, water, onion, and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes to cook rice.
4. Add tomatoes and jalapeño. Heat for 2-3 minutes.
5. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.

COOKING TIPS

- 2 (14.5 ounce) cans Mexican-style tomatoes can be used in place of fresh tomatoes and jalapeño. This will increase the sodium.
- Refrigerate grease or grease water in a container. Discard in garbage when grease becomes solid.

Nutrition Facts	
Serving Size about 1 1/2 cups	
Servings Per Container 8	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 55mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 17g	
Vitamin A 40%	• Vitamin C 25%
Calcium 25%	• Iron 10%

IOWA STATE UNIVERSITY

Extension and Outreach

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

January 2012.