

# ONE PAN MEXICAN RICE SKILLET

Submitted by:

Janice Malloy

## Ingredients

2 tablespoons olive oil

1 medium onion diced

2 cloves garlic minced

1 red bell pepper cored, seeded and diced

1 lb ground turkey or beef

salt and black pepper to taste

1 jalapeno cored, seeded and diced (optional)

1 cup uncooked long grain white rice you can also use minute or brown as well and adjust the cooking time

1/2 cup canned black beans drained and rinsed

1 cup corn kernels frozen or canned

1/2 cup sweet peas frozen or canned (optional)

1 14-ounce can fire-roasted diced tomatoes undrained

2-1/4 cups low sodium chicken broth

2 teaspoons cumin

1/2 teaspoon smoked paprika

1 teaspoon chili powder or to taste

1/4 teaspoon cayenne pepper or to taste

1 cup shredded Colby-jack or cheddar cheese

### Additional Toppings (optional):

diced avocado, green onions, fresh chopped cilantro, sour cream



# ONE PAN MEXICAN RICE SKILLET

Submitted by:

Janice Malloy

## Instructions

1. In a large 12" skillet over medium heat, sauté onions and garlic in 1 tablespoon of olive oil for 1 minute until fragrant.
2. Add bell pepper and jalapeno and cook for another minute.
3. Add ground meat to skillet and cook until brown, about 4-5 minutes, breaking up the meat as it cooks.
4. Season with salt and black pepper, to taste. Drain any excess fat.
5. Push everything to one side of the pan. Add another tablespoon of olive oil and sauté uncooked rice for about 1 minute or just until some grains start to turn golden brown.
6. Stir in black beans, corn, peas, canned tomatoes, chicken broth, cumin, paprika, chili powder and cayenne pepper.
7. Bring to a simmer, cover and reduce heat to low.
8. Cook about 17-19 minutes or until rice is tender, stirring gently every few minutes so the rice doesn't stick. Season with additional salt and pepper as needed.
9. Sprinkle with cheese and cover with the lid and remove from heat.
10. Allow cheese to melt for 1-2 minutes then serve hot with desired toppings.

### Recipe Notes

Feel free to substitute brown rice instead. The cooking time may have to be increased as needed.

