

# Enchilada Rice (FDD)

**Makes:** 6 Servings

Try something different! Use ground beef to make this dish that contains rice, ground beef, vegetables, and low-fat cheese.

## Ingredients

- 1 pound** frozen ground beef (thawed)
- 1** onion (chopped)
- 1 can** low-sodium corn (drained, about 15 ounces)
- 1 can** unsalted tomatoes (diced or whole, if using whole, chop tomatoes, about 15 ounces)
- 2 tablespoons** taco seasoning mix (reduced sodium)
- 2 cups** rice (cooked)
- 1/2 cup** low-fat Cheddar or Monterey jack cheese (grated)

## Directions

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

**Source:** Recipe adapted from SNAP-ED Connection Recipe Finder

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>350</b>
<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	4 g
Cholesterol	70 mg
<b>Sodium</b>	<b>474 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>26 g</b>
Vitamin D	N/A
Calcium	90 mg
Iron	4 mg
Potassium	N/A
N/A - data is not available	

