

Easy Meat Sauce Over Rice

Makes: 6 Servings

Using canned beef makes this a quick and easy recipe. Canned beef is ready to use without heating, or can be added to your favorite recipe.

Ingredients

15 ounces beef (drained)

1 1/2 cups water

1/2 cup onion (chopped)

1 tablespoon chili powder

1/4 cup all purpose flour

6 cups rice (cooked)

Directions

1. Mix $\frac{3}{4}$ cup water, onion, and chili powder in a skillet; add beef.
2. Bring to a boil.
3. In a small bowl or cup, mix flour with the other $\frac{3}{4}$ cup cold water to make a smooth paste.
4. Pour flour and water mixture over the meat mixture.
5. Cook over medium heat until thick.

Nutrition Information

Nutrients	Amount
Calories	140
Total Fat	13 g
Saturated Fat	6 g
Cholesterol	55 mg
Sodium	150 mg
Total Carbohydrate	2 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	20 g
Vitamin D	N/A
Calcium	31 mg
Iron	4 mg
Potassium	N/A

N/A - data is not available

6. Place one cup of rice in a bowl and pour about $\frac{3}{4}$ cup of the sauce on top.

Notes

Tip: This sauce can also be served over bread, pasta, or refried beans.

Source: Recipe adapted from Quick & Easy Commodity Recipes for the Food Distribution Program on Indian Reservations, USDA.