

Spanish Rice with Beef

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Totland College Nursery School - Braintree, MA (1978)

3/4 pound ground beef
1 cup water
1 can stewed tomatoes
1/2 teaspoon oregano
1/2 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon black pepper
1 1/2 cups minute rice

In a skillet, brown the ground beef. Add the water, tomatoes, salt, garlic powder, chili powder, oregano and pepper. Bring to a boil. Stir in the rice. Cover and remove from the heat.

Let stand for 5 minutes.

Per Serving (excluding unknown items): 1136 Calories; 91g Fat (72.3% calories from fat); 59g Protein; 19g Carbohydrate; 3g Dietary Fiber; 289mg Cholesterol; 1384mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 3 Vegetable; 13 1/2 Fat.