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|  | **Ingredients** | **Step** |
| Tasty Hamburger Skillet | 1 pound  lean **ground beef** (15% fat)  1⁄3 cup  chopped **onion** (1⁄3 medium onion)  1⁄3 cup  **green pepper**, chopped  2 cups  **water**  1 cup  long grain **white rice**  1 teaspoon  **garlic powder** or 4 cloves of garlic  1 Tablespoon  **chili powder**  1⁄4 teaspoon  **salt**  1⁄4 teaspoon  ground **pepper**  1 can  (15 ounces) **diced tomatoes**, with juice  1 1⁄2 cups  **corn** (canned and drained, frozen, or fresh cooked)  1 can  (15 ounces) red **kidney beans**, drained and rinsed  1⁄2 cup  grated **cheddar cheese**  ) | 1. Cook ground beef, onion, and green pepper in large skillet over medium heat (300 degrees in an electric skillet) until hamburger is no longer pink. Drain excess fat from pan. 2. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn, and beans. 3. Cook, covered, for about 20 minutes or until rice is soft. 4. Remove from stove top, sprinkle with grated cheese, and serve hot. 5. Refrigerate leftovers within 2 hours. |