

## COWBOY RICE

- 1 lb ground beef or turkey
- 1 can pinto beans (drained)
- 1 can yellow corn (drained)
- 1 can diced tomatoes (drained)
- 2 ¼ tsp chili powder
- ¾ tsp garlic powder
- ¾ tsp cumin
- ¾ tsp salt
- 1 pinch black pepper
- 1 cup brown rice (cooked)

Brown your meat, drain. Add spices and canned veggies. Cover and simmer while you cook your rice. I use brown minute rice. Add rice to the skillet with your meat/veggie mix. Cover and simmer for about 30 minutes on low.

I like to top mine with sour cream, cilantro, cheese and fresh tomato. But those are all up to you.

ENJOY!!