

# Dirty Rice

**Makes:** 6 Servings

Dirty rice is a flavorful way to spice up your main dishes. It is also a good way to serve leftovers; cooked chicken or ham can be used in place of ground beef.

## Ingredients

- 2 tablespoons** egg mix
- 1/4 cup** water
- 1/4 pound** ground beef
- 1/2** onion, finely chopped
- 1/2** green pepper, chopped
- 2 tablespoons** vegetable oil
- 1/2 can** low-sodium peas, drained (about 8 ounces)
- 1/2 can** low-sodium kidney beans, drained (about 8 ounces)
- 4 cups** cooked rice, cold
- 1/4 teaspoon** black pepper

## Directions

1. In a small bowl, combine egg mix and water. Mix well and set aside. 2. In a large skillet, cook ground beef, onion, and green pepper in oil over medium heat for about 10 minutes. 3. Add egg mix to skillet. Scramble eggs over medium heat for about 5 minutes. 4. Add peas and beans to skillet. Cook for about 5 minutes. 5. Add rice and pepper to skillet. Stir to break up any clumps of rice. Cook for about 5 minutes. Serve hot.

## Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160



## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>308</b>	
Total Fat	9.5 g	
Protein	12 g	
Carbohydrates	43 g	
Dietary Fiber	4 g	
Saturated Fat	2 g	
Sodium	131 mg	

degrees F, as measured with a food thermometer.