

Beef and Vegetables

Makes: 6 Servings

This dish can be prepared in about 35 minutes and may be served for lunch or dinner.

Ingredients

- 4 cups** water
- 2 cups** uncooked rice
- 1 pound** ground beef (or 1 can, about 24 ounces, canned beef)
- 2 cups** steamed green beans (or 1 can, about 15 ounces, low-sodium green beans)
- 1 1/2 cups** fresh cooked corn kernels (or 1 can, about 15 ounces, low-sodium corn)
- 1 can** low-sodium tomato sauce
- 1/2 teaspoon** garlic powder
- 1/2 teaspoon** onion powder

Directions

1. In a large pot, add water to rice and bring to a boil. Cover and cook on low heat for 15 minutes (do not remove the lid) until water is gone.
2. While the rice is cooking, put ground beef in a large pan and cook over medium heat on the stove for 8 to 10 minutes. Drain fat.
3. Let rice stand for about 3 minutes. Arrange rice on a platter like a doughnut ring. Set aside.
4. Add green beans, corn, tomato sauce, garlic powder, and onion powder to pan with meat.
5. Cook until steaming hot. Pour into center of rice ring and serve.



Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.