

Texas Hash



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

Scan for interactive recipe

Serves: 5

Prep: 5 minutes | **Cook:** 30 minutes

INGREDIENTS

- 16 ounces ground beef, extra lean, or ground turkey
- 1 can (14.5 ounces) diced tomatoes with onions and peppers*
- 2 cups water
- 1 cup uncooked rice (instant or regular)
- 1 tablespoon chili powder
- 1/2 teaspoon pepper

DIRECTIONS

1. Wash hands with soap and water.
2. In a large skillet, brown beef or turkey, stirring to crumble meat. Cook until ground meat internal temperature reaches 160°F. Drain off fat.
3. Add tomatoes, water, rice, chili powder, and pepper.
4. Cover and cook over low heat until rice is tender, about 20 minutes.

*Substitutions

1 can diced tomatoes with onions and peppers	—>	1 cup onion, 1 green pepper and 2 cups tomatoes, all chopped
--	----	--



Nutrition Information

Serving Size: 1/5 of recipe

Calories	310
Total fat	9 g
Saturated Fat	2.5 g
Trans fat	0 g
Cholesterol	65 mg
Sodium	115 mg
Carbohydrates	37 g
Fiber	4 g
Sugars	4 g
Protein	21 g

Recipe sourced from: Illinois Extension