

**SPENDSMART  
EATSMART**

# TASTY TACO RICE SALAD

Serves: 8 | Serving Size: 1½ cups | Per Serving: \$1.07

## INGREDIENTS

- 1 pound lean ground beef, rinsed and drained
- 1½ cups uncooked instant brown rice
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño, chopped finely
- 2 cups spinach or romaine lettuce
- 1 cup 2%-fat shredded cheese

## INSTRUCTIONS

1. Cook ground meat in a large skillet until brown (160° F). Drain off fat. Rinse meat with warm water to remove more fat.
2. Add rice, water, onion, and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes to cook rice.
4. Add tomatoes and jalapeño. Heat for 2-3 minutes.
5. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plates. Serve at once.

## COOKING TIPS

- 2 (14.5 ounce) cans Mexican-style tomatoes can be used in place of fresh tomatoes and jalapeño. This will increase the sodium.
- Refrigerate grease or grease water in a container. Discard in garbage when grease becomes solid.

## Nutrition Facts

Serving Size about 1 1/2 cups  
Servings Per Container 8

Amount Per Serving

**Calories 220**      **Calories from Fat 80**

% Daily Value\*

**Total Fat 9g**      **14%**

Saturated Fat 3.5g      **18%**

Trans Fat 0g

**Cholesterol 45mg**      **15%**

**Sodium 55mg**      **2%**

**Total Carbohydrate 19g**      **6%**

Dietary Fiber 3g      **12%**

Sugars 3g

**Protein 17g**

Vitamin A 40%      • Vitamin C 25%

Calcium 25%      • Iron 10%

# IOWA STATE UNIVERSITY

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