



*Dairy Free • Egg Free • Nut Free
Gluten Free • Low Sodium
No Added Sugar*

Mighty Skillet Meal



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INGREDIENTS

1 pound lean ground beef
½ cup celery, chopped
½ cup onion, chopped
¼ cup green onion, chopped
1 teaspoon chili powder
2 cups tomatoes, diced
½ cup cooked rice
Salt and pepper to taste

DIRECTIONS

1. Over medium heat, combine ground beef, celery, onion, and green onion in skillet. Cook until meat is brown. Drain fat and return to skillet.
2. Add chili powder, tomatoes, rice, salt, and pepper to skillet.
3. Cover and simmer over medium heat 20 to 25 minutes. Stir often to avoid sticking.

TIPS

- Love veggies? Add bell peppers or another favorite veggie to this dish.
- For a time-saver, buy fresh or frozen pre-chopped veggies.
- If feeding a large group, you can easily double or triple this recipe for more meals.

Main Dish | Serves 6