



Mexican Beef Skillet

Serves 6

1 tbsp. olive oil
3 cloves garlic, minced
1 small white onion, finely diced
1 red bell pepper, diced
1 green bell pepper, diced
1 lb. (450g) ground beef, 5% fat
½ cup (125g) tomato passata
1⅓ cups (235g) canned black beans, drained
1 cup (195g) white rice, raw
1½ cups (355ml) beef stock
½ cup (55g) cheddar cheese, shredded

Taco seasoning:

1 tbsp. paprika
1 tsp. garlic powder
1 tsp. cumin
1 tsp. oregano
½ tsp. smoked paprika
½ tsp. onion powder
½ tsp. red chilli flakes
½ tsp. salt, or to taste
½ tsp. black pepper, or to taste

What you need to do

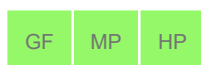
Heat olive oil in a large skillet over medium-high heat. Add the garlic, onion, and bell peppers. Sauté for 3-5 minutes.

Move vegetables to one side and add in ground beef. Cook the beef for 8-9 minutes, or until cooked through and browned. Next, mix everything together in the skillet.

Add taco seasoning, tomato passata, and black beans. Cook for a 2-3 minutes. Then, add in the rice and beef stock. Bring to a boil, and reduce the heat to low.

Cover and allow to simmer for 15-20 minutes or until the rice has softened and absorbed the majority of the liquid.

Sprinkle cheese on top of skillet and either let melt naturally or place it in the heated oven at 400°F (200°C) for a few minutes.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	406	14	48	25

*Nutrition per serve

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