

## **One Cup Ole'**

1 pound 95% lean ground beef  
1 cup diced sweet onion  
1 cup diced green pepper  
1 can diced tomatoes with green chilis, regular or milder  
1/4 cup water  
2 T taco or fajita seasoning mix, or to taste  
1 cup uncooked brown minute rice  
1 cup frozen corn  
1 cup canned black beans, drained and rinsed  
1 cup grated cheddar cheese

Brown 95% lean ground beef in skillet with lid. Remove any fat; add onion and green pepper and saute' briefly. Add remaining ingredients except cheese, cover, and simmer 5 minutes. Remove from heat and top with cheese. Cover again and allow to stand 5 more minutes. Serve with tortilla chips or roll in tortillas. Makes 4 servings.

Entered and demonstrated at the What's For Dinner Beef Cookoff at the Kansas State Fair by:

Rebecca Larson