

Easy Mexican Hamburger And Rice

Yield: 12 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-hamburger>

Ingredients:

- 2 cups white rice Success, R Boil-in-Bag, You can also use Jasmine or a combination of the two
- 1 1/2 pounds hamburger cooked until no longer pink
- 6 ounces tomato sauce
- 2 tablespoons taco seasoning
- 1/2 cup orange peppers chopped
- 1/2 cup cheddar cheese optional
- 1/2 cup sour cream optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 6 grams
8. Sodium: 170 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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