

15 Minute Beef and Rice Dish

Yield: 3 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-recipe-with-flaky-biscuits-mexicorn-and-hamburger>

Ingredients:

- 3 boxes uncle ben 's Long Grain & Wild Rice, Fast Cook Butter & Herb
- 11 ounces mexicorn Green Giant Steam Crisp
- 1 pound hamburger browned
- onion 1 med., sauteed
- 3 1/2 cups water

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 105 milligrams
4. Fat: 24 grams
5. Protein: 31 grams
6. SaturatedFat: 9 grams
7. Sodium: 480 milligrams
8. Sugar: 1 grams
9. TransFat: 1.5 grams

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