

{One Pan} Mexican Rice Skillet

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-one-skillet-meal-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 ounce onion medium, diced
- 2 cups garlic cloves minced
- 1 tablespoon red bell pepper cored, seeded and diced
- 1 pound ground turkey or beef
- salt to taste
- black pepper to taste
- 1 cup uncooked long grain white rice you can also use minute or brown as well and adjust the cooking time
- 1/2 cup black beans canned, drained and rinsed
- 1 cup corn kernels frozen or canned
- 1/2 cup sweet peas frozen or canned (optional)
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- 14 ounces fire-roasted diced tomatoes undrained
- 2 1/4 cups lower sodium chicken broth optional
- 2 teaspoons cumin
- 1/2 teaspoon smoked paprika
- 1 teaspoon chili powder or to taste
- 1/4 teaspoon cayenne pepper or to taste
- 1 cup cheddar cheese shredded, Colby-jack
- avocado diced
- green onions
- chopped cilantro fresh
- sour cream

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 54 grams

3. Cholesterol: 135 milligrams
 4. Fat: 32 grams
 5. Fiber: 9 grams
 6. Protein: 55 grams
 7. SaturatedFat: 11 grams
 8. Sodium: 1650 milligrams
 9. Sugar: 9 grams
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