

Mexican Rice with Ground Beef

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-rice-with-ground-beef-recipe>

Ingredients:

- 2 cups white rice
- 3 cups bone broth or organic beef broth
- 1 cup salsa fresh or fermented, [recipe here](#)
- 1 cup pinto beans soaked and cooked, or canned/jarred pinto beans
- 2 cups roast beef leftover, or stew meat browned ground beef also works
- 1 teaspoon southwest style seasoning OR homemade taco seasoning [recipe here](#)
- Garnish: optional
- sour cream optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 30 milligrams
4. Fat: 4 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1260 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Mexican Rice with Ground Beef above. You can see more 17 mexican rice with ground beef recipe You won't believe the taste! to get more great cooking ideas.