

One Pot Cheesy Mexican Beef and Rice

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-squash-kolache-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 pound ground beef I used 85% lean
- 1 Vidalia onion small/medium sweet, peeled and diced small
- 1 ounce taco seasoning I used medium, reduced sodium
- 14 1/2 ounces petite diced tomatoes I used no salt-added
- 3/4 cup salsa I used medium Herdez
- 3/4 cup water
- 3/4 cup long grain rice uncooked, I used white
- 1/2 teaspoon freshly ground black pepper or to taste
- 3/4 cup corn I used frozen, straight from freezer
- 2 cups shredded mexican cheese blend finely, or your favorite cheese blend
- 4 tablespoons fresh cilantro finely chopped
- guacamole optional
- sour cream optional
- avocado optional

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 100 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 14 grams
8. Sodium: 1170 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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