

SKILLET BEEF AND PEPPERS

- 1 lb. ground beef
- ½ cup uncooked white rice
- 2 medium green bell peppers, chopped
- 1 (15 oz) can whole kernel corn, rinsed and drained
- 1 (14.5 oz) can diced tomatoes
- ¼ cup ketchup, optional
- 2 tsp. chili powder
- ½ tsp ground cumin
- ⅛ tsp salt

1. Heat a large skillet over medium-high heat. Brown beef, drain well on paper towels and paper towel dry skillet. Return beef to skillet and stir in ½ cup water with the remaining ingredients.
2. Bring to a boil over medium-high heat, reduce heat to medium-low, cover and cook 20-22 minutes or until rice is tender.

Makes 6 cups. Serves 4; 1 ½ cups beef mixture per serving. Recipe provided by Nancy Hughes.

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