

Beef Tacos & Rice

Prep: 15 min

Cook: 45 min

Yield 4 Servings

Ingredients:

Taco:

1 pound ground beef
1 onion, chopped
1 garlic clove, minced
1 can black beans, rinsed
12 ounces of picante sauce
6 tortillas, 6 inches

Toppings:

½ onion, chopped small
lettuce, chopped
tomato, chopped
1 avocado, chopped

Rice:

½ cup long grain rice
½ onion, chopped small
⅛ cup sliced ripe olives
1 can diced tomatoes and green chilies
½ teaspoon ground cumin
½ cup water
1 tablespoon canola oil
½ cup Monterey jack cheese

Directions:

Rice:

Preheat oven to 375° F

Grease 2 quart casserole baking dish.

Combine first 7 rice ingredients; stir. Cover and bake for 30 minutes.

After 30 minutes stir and add cheese then bake uncovered for 15 minutes.

Check rice to see if it is cooked and liquid is absorbed. If not, then continue to bake until liquid is absorbed and rice is cooked. Check every 5 minutes.

Prepare toppings by chopping: onion, lettuce, tomato and avocado.

Taco Beef:

In a large skillet cook beef and onion until beef is cooked through. Be sure to break beef into small pieces while cooking. This should take about 5-7 minutes.

Drain beef if needed.

Add garlic and cook for 1 - 2 minutes.

Add black beans and 12 ounces of picante sauce. Cook for 5 minutes or until meat mixture is thick.

Warm tortilla's