

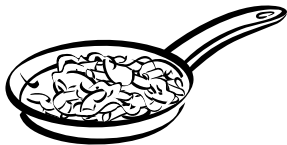


Hearty Tex-Mex Skillet Supper

Servings: 6

Ingredients:

- 1 pound lean ground beef or pork
- 6 whole-wheat tortillas
- 2 cloves minced garlic or 1/8 teaspoon garlic powder
- 12-ounce can corn, drained
- 16-ounce can black beans, drained
- 12 ounces salsa
- 1/2 cup water
- 2 teaspoons taco seasoning mix
- 2 ounces low-fat cheddar cheese, shredded



Directions:

1. Wash hands and surfaces.
2. In large skillet, cook meat and garlic over medium-high heat until meat is lightly browned. Drain off fat.
3. Cut tortillas in half and then into 1-inch strips. Add to beef.
4. Stir in remaining ingredients except cheese. Bring to a boil, lower heat, cover and simmer for 10 to 12 minutes.
5. Uncover, top with cheese and cook 2 more minutes until cheese is melted.
6. Serve hot with low-fat sour cream, green onions and baked tortilla chips, if desired.
7. Refrigerate leftovers immediately.

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Nutrition Facts

Amount Per Serving

Calories 360

Calories from Fat 60

% Daily Value*

Total Fat 7g

11%

Saturated Fat 1.5g

8%

Trans Fat 0g

Cholesterol 40mg

13%

Sodium 1020mg

43%

Total Carbohydrate 48g

16%

Dietary Fiber 7g

28%

Sugars 6g

Protein 25g

Vitamin A 0%

Vitamin C 15%

Calcium 6%

Iron 20%

Tips:

- Buy low-sodium taco seasonings. To make your own salt-free taco seasoning: 2 tablespoons chili powder, 2 teaspoons cumin, 2 teaspoons oregano and ½ teaspoon of each of the following: onion powder, garlic powder and cayenne pepper. Combine in a plastic sealable bag. Search the Web for other salt-free taco seasonings to make at home!
- Add leftover vegetables to this dish.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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