

# Fiesta Beef and Rice

Barbara Jones  
Easy Slow Cooker Cookbook

## Servings: 6

salt (to taste)  
pepper (to taste)  
1 1/2 pounds lean ground beef  
1 can (15 ounce) Mexican stewed tomatoes  
1 box (7 ounce) beef-flavored rice mix  
1 can (11 ounce) Mexicorn, drained salsa

Spray a five-quart slow cooker bowl with nonstick cooking spray.

Sprinkle salt and pepper over the ground beef. Shape into small patties. Place in the bottom of the slow cooker.

In a separate bowl, combine the stewed tomatoes, rice, corn and two cups of water.. Mix well. Spoon over the beef patties.

Cover and cook on LOW for four to five hours.

When ready to serve, place a large spoonful of salsa on top of each serving.

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Per Serving (excluding unknown items): 300 Calories; 23g Fat (72.4% calories from fat); 20g Protein; 0g Carbohydrate; 0g Dietary Fiber; 85mg Cholesterol; 78mg Sodium. Exchanges: 3 Lean Meat; 3 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	300	Vitamin B6 (mg):	.3mg
% Calories from Fat:	72.4%	Vitamin B12 (mcg):	2.7mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	27.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	23g	Folacin (mcg):	9mcg
Saturated Fat (g):	9g	Niacin (mg):	5mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	85mg	% Refuse:	0 0%

Carbohydrate (g):	0g
Dietary Fiber (g):	0g
Protein (g):	20g
Sodium (mg):	78mg
Potassium (mg):	296mg
Calcium (mg):	9mg
Iron (mg):	2mg
Zinc (mg):	4mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

### Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

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### Nutrition Facts

Servings per Recipe: 6

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#### Amount Per Serving

<b>Calories</b>	300	<b>Calories from Fat:</b>	217
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#### % Daily Values\*

<b>Total Fat</b>	23g	36%
Saturated Fat	9g	47%
<b>Cholesterol</b>	85mg	28%
<b>Sodium</b>	78mg	3%
<b>Total Carbohydrates</b>	0g	0%
Dietary Fiber	0g	0%
<b>Protein</b>	20g	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		11%

\* Percent Daily Values are based on a 2000 calorie diet.