

Beef

Spicy Rice Skillet

Taste of Home One-Dish Meals

Servings: 8

2 pounds ground beef
1 large onion, chopped
1 large green pepper, chopped
1 can (10 oz) diced tomatoes and green chiles, undrained
1 can (4 oz) chopped green chiles
1 cup beef broth
2 tablespoons Worcestershire sauce
1 1/2 tablespoons chile powder
2 teaspoons salt
1 teaspoon pepper
1/4 teaspoon hot pepper sauce
4 cups cooked long grain rice
2 cups (16 oz) sour cream
2 cups (8 oz) cheddar cheese, shredded
corn chips

In a large skillet, cook the beef, onion and green pepper over medium heat until the meat is no longer pink; drain.

Add the next eight ingredients. Simmer, uncovered, for 10 minutes.

Add rice, sour cream and cheese; cook over low heat until cheese is melted, about 6-8 minutes, stirring occasionally (do not boil).

Serve over corn chips.

Per Serving (excluding unknown items): 612 Calories; 52g Fat (76.2% calories from fat); 30g Protein; 7g Carbohydrate; 1g Dietary Fiber; 152mg Cholesterol; 1018mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 8 Fat; 0 Other Carbohydrates.