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Tex-Mex Skillet serves 8



WHAT YOU WILL NEED

Knife, Cutting Board,
Mixing Spoons
Colander, Large Skillet

INGREDIENTS

1lb. lean ground beef or turkey
2 cloves of garlic, minced
12 oz. can corn, drained
16 oz. can black beans, drained
12 oz. jar salsa
1/2 cup water
2 tsp. taco seasoning mix
1/2 cup 2% shredded cheese
8 whole wheat tortillas

Optional: chopped tomato,
shredded lettuce, scallions,
and low-fat sour cream.

DIRECTIONS

1. In a large skillet, cook meat and garlic over medium-high heat until meat is lightly browned. Drain any fat.
2. Stir in remaining ingredients except cheese and tortillas.
3. Bring to a boil and lower heat.
4. Cover and simmer for 10 minutes.
5. Uncover and top with cheese.
6. Cool until cheese is melted, about 10 minutes.
7. Serve hot with tortilla chips or roll in a whole-wheat tortilla.
8. Top with chopped tomatoes, shredded lettuce, low-fat sour cream, and scallions if you want.

CHEF'S NOTES:

- Substitute any type of bean for the black beans
- Use a mixture of spices, such as paprika, chili powder, cumin, salt, and pepper instead of taco seasoning mix
- Substitute baked tortilla chips for whole wheat tortillas to use as a dip

Per Serving: 360 cal., 7 gr. Fat, 26gr. Protein, 48 gr. Carbohydrates



This recipe is courtesy of FLIPANY, a local 501(c)3 non-profit, and Share Our Strength's Operation Frontline™.
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