

Rice Medley

A flavorful medley of rice, peas, and seasoned ground beef, tossed together for a tasty all-in-one meal!

Yield:

4 servings

Ingredients:

1 cup (uncooked measurement) of rice, cooked according to package instructions*

1/2 pound ground beef

1/2 onion, diced

1/4 green pepper, diced (optional)

1 clove garlic, minced

1 cup cooked peas (hot)

1/2 cup hot cooked corn, optional

1/4 teaspoon pepper

salt, to taste

Instructions:

1. Brown ground beef with onion, green pepper (if using), and garlic. Drain grease.

2. In a large bowl, toss cooked meat with the hot rice, peas, corn (if using), and pepper. Add salt to taste (this recipe needs salt, so don't skip that part!) and serve.

Additional Notes:

*Or, 3 cups of cooked rice; you can use yellow rice instead of plain rice if you wish.



This recipe is from Tammy's Recipes.