

BEEF SKILLET FIESTA

JULIE GILL

1 lb ground beef
1 T salad oil
1/4 c diced onion
2 tsp salt
1 tsp chili powder
1/4 tsp pepper

16 oz can tomatoes
12 oz can whole kernel corn
1 1/4 c bullion
1/2 c thin strips green pepper
1 1/3 c minute rice

Brown meat in oil over high heat in skillet, leaving meat in coarse chunks. Add onion, reduce heat to med flame & cook until onion is tender, but not browned. Add seasonings-tomatoes, corn, & bullion. Bring to a boil, stir in green peppers, boil again. Stir in rice, remove from heat. Cover & let stand 5 minutes. Fluff with fork.