

Ingredients

1/2 cup dry
**Uncle Ben's® Basmati Rice 10
minute cook**

1/2 teaspoon
Garlic Powder

1/2 teaspoon
Salt

3/4 lb
Extra Lean Ground Beef

1 cup
Chopped Mixed Vegetables
(for example: 1/4 cup chopped red bell
pepper, 1/4 cup corn kernels, 1/4 cup
chopped broccoli florets, and 1/4 cup
chopped carrots)

2 tablespoons
Whole-wheat Flour

1 1/4 cups
Low-Fat 1% Milk

1 cup
**Shredded Cheddar Cheese,
divided**

Cheesy Rainbow Rice with Ground Beef

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A one-skillet meal with ingredients you can mix and match. Use a variety of frozen, fresh, or canned vegetables in this dish — whatever you have on hand! The more colorful, the better!



Makes 6 (1 1/4 cup) servings



Prep: 5 minutes,
Cook: 10 minutes, Bake: 10 minutes



- 1 Cook Uncle Ben's® rice according to directions on the pack.
- 2 Add 1/2 teaspoon garlic powder and 1/2 teaspoon salt to ground beef and cook in an ovenproof nonstick skillet over medium-high heat until meat is no longer pink, about 5 minutes. (Note: Optionally you can use a regular skillet and transfer the rice and meat mixture to a baking dish after step 5).
- 3 Add vegetables and rice and cook until vegetables are tender. Kids can help peel and prep veggies.
- 4 Have kids help sprinkle mixture evenly with flour and cook 1 to 2 more minutes, stirring until meat is coated.
- 5 Add milk and 1/2 cup cheese and cook 2 minutes or until mixture is thick (kids can help measure the ingredients).
- 6 Sprinkle the remaining cheese over the cooked meat, then transfer skillet to the oven and cook at 375°F for 10 to 15 minutes or until cheese is melted and bubbly. Serve immediately.

Note: Nutrition facts based on ingredients in the recipe description and does not include side dishes shown in photography.

Nutrition Facts

Servings 6.0

Amount per Serving

Calories 280		Cholesterol 55 mg		Protein 21 g	
	% Daily Value*	Sodium 390 mg	16%	Vitamin A	25%
Total Fat 12 g	19%	Total Carbohydrate 21 g	7%	Vitamin C	10%
Saturated Fat 7 g	34%	Dietary Fibre 1 g	4%	Calcium	20%
Trans Fat 0.3 g		Sugars 4 g		Iron	15%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The nutritional values for the recipe are approximate, based on theoretical calculations using nutrient data for ingredients.

