

Tex-Mex Skillet

Prep time: 10 minutes | Cook time: 30 minutes | Number of servings: 5

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|------------------------------------------------------------------------|--------------------------------------------|
| 1 tablespoon vegetable oil | 1 cup dry white rice |
| 1 (14-ounce) package tofu, cut into ½-inch pieces | 1 (15-ounce) can tomatoes, diced |
| 2 cups chopped vegetable mixture (onion, celery, bell pepper, carrots) | 2 teaspoons chili powder |
| 2 cups water | 2 garlic cloves, minced |
| | 1 (15-ounce) can beans, rinsed and drained |

Directions

1. Use a large skillet or saucepan with a tight-fitting lid. Over medium heat, add oil to skillet and add tofu. Cook until lightly browned.
2. Add vegetables and continue cooking 5 to 10 minutes.
3. Add water, rice, tomatoes, and seasonings. Bring to a boil. Reduce heat to medium-low. Cover pan, cook for 10 minutes.
4. Add beans to the pan. Continue to cook for 10 to 15 minutes, until rice is tender. Serve immediately.



Optional 1 teaspoon ground cumin, 1 teaspoon dried oregano, ¼ teaspoon crushed red pepper flakes

Nutrition Facts (Serving size 1½ cups):
 Calories-320; Protein-17g; Carbohydrate-56g; Total Fat-4.5g; Saturated Fat-0g; Cholesterol-0mg; Fiber-9g; Sodium-380mg; Vitamin C-50%; Vitamin A-60%; Iron-25%; Calcium-20%

Adapted from Skillet Meals: Quick & Easy One-dish Meals, Washington State University Extension (EM4712)



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Food \$ense Tips

- Instead of canned beans, cook dry beans and use 1 ¼ cups cooked and drained beans.
- In addition to providing protein, tofu is a great way to add calcium to your diet.
- Serve with a glass of milk and fruit to complete a **MyPlate** meal.
- Freeze ½-pound portions of ground meat for quick meals. Wrap in plastic wrap. Put multiple portions in a one-gallon freezer bag.

- Use beef, pork, turkey, or chicken for ground meat or cooked, chopped meat.
- 1 cup of raw, ground meat equals ½ pound.

Skillet Meal Substitutions and Measures



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