Tex-Mex Skillet

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

1 tablespoon vegetable oil
1 (14-ounce) package tofu, cut into ½-inch pieces
2 cups chopped vegetable mixture (onion, celery, bell pepper, carrots)
2 cups water

1 cup dry white rice
1 (15-ounce) can tomatoes, diced
2 garlic cloves, minced
1 (15-ounce) can beans, rinsed and drained

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

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.
4. Add beans to the pan. Continue to cook for 10 to 15 minutes, until rice is tender. Serve immediately.

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)
Skillet Meal Substitutions and Measures

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

Food Sense Tips
- Instead of canned beans, cook dry beans and use 1¼ 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.