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

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

Reduce heat to medium-low. Cover pan, cook for 10 minutes.

3. Add water, rice, tomatoes, and seasonings. Bring to a boil.

skillet and add tofu. Cook until lightly browned.

2. Add vegetables and continue cooking 5 to 10 minutes.

1. Use a large skillet or saucepan with a tight-fitting lid. Over medium heat, add oil to

Directions

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



I cup dry white rice
I (15-ounce) can
tomatoes, diced
Z teaspoons chili powder
Z garlic cloves, minced
I (15-ounce) can beans,
rinsed and drained

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

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

Tex-Mex 5killet



THRIFTY MAIN DISHES

THRIFTY MAIN DISHES



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 teaspoons chili powder
- 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.
- 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.

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%

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USDA and Washington State University are equal opportunity providers and employers.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SWAP). The Supplemental Nutrition Assistance Program (SWAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

 Freeze ¹/₂-pound portions of ground meat for quick meals. Wrap in plastic wrap. Put multiple portions in a one-gallon freezer bag.

 Serve with a glass of milk and fruit to complete a MyPlate meal.

 In addition to providing protein, tofu is a great way to add calcium to your diet.

 Instead of canned beans, cooked and drained beans.

Food Sense lips

- chopped meat.

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

Skillet Meal Substitutions and Measures



THRIFTY MAIN DISHES

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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 \$ense 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.



