

Skillet Spanish Rice

Ingredients:

- 1 pound lean ground beef (or reconstituted beef TVP)
- 1 cup chopped onions (or reconstituted dried onions)
- 1/2 cup diced green sweet pepper (or reconstituted green pepper)
- 1 cup uncooked rice
- 1 teaspoon chili powder
- 1/2 teaspoon each; seasoning salt, ground cumin and black pepper
- 1 can tomato sauce (or 12 ounces of reconstituted tomato powder)
- 1 1/2 cups water

Cook beef or TVP, onion, and sweet green pepper in a large skillet over medium heat. Drain the fat. Stir in remaining ingredients and 1 1/2 cups of water. Bring to a boil. Reduce heat, cover and simmer 15 to 20 minutes or until the rice is tender.