



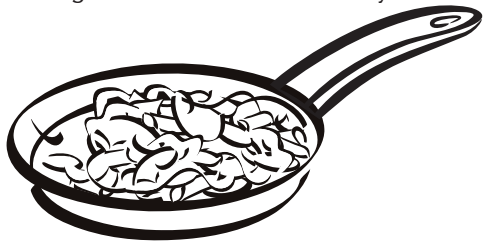
Hearty Tex-Mex Skillet Supper

Servings: 6

- 1 pound lean ground beef or pork
- 6 whole-wheat tortillas
- 2 cloves minced garlic
or 1/8 teaspoon garlic powder
- 12-ounce can corn, drained
- 16-ounce can black beans, drained
- 12 ounces salsa
- 1/2 cup water
- 2 teaspoons taco seasoning mix
- 1/2 cup cheddar cheese, shredded

1. Wash hands and surfaces.
2. In large skillet, cook meat and garlic over medium-high heat until meat is lightly browned. Drain off fat.
3. Cut tortillas in half and then into 1-inch strips. Add to beef.

4. Stir in remaining ingredients except cheese. Bring to a boil, lower heat, cover and simmer for 10 to 12 minutes.
5. Uncover, top with cheese and cook 2 more minutes until cheese is melted.
6. Serve hot with low-fat sour cream, green onions and baked tortilla chips, if desired.
7. Refrigerate leftovers immediately.



Nutrition Facts

6 servings per container

Serving size (319g)

Amount per serving

Calories **410**

% Daily Value*

Total Fat 13g 17%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 1220mg 53%

Total Carbohydrate 48g 17%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 27g

Vitamin D 0mcg 0%

Calcium 115mg 8%

Iron 3mg 15%

Potassium 417mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Buy low-sodium taco seasonings. To make your own salt-free taco seasoning: 2 tablespoons chili powder, 2 teaspoons cumin, 2 teaspoons oregano and ½ teaspoon of each of the following: onion powder, garlic powder and cayenne pepper. Combine in a plastic sealable bag. Search the internet for other salt-free taco seasonings to make at home!
- Add leftover vegetables to this dish.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance