

Easy skillet spicy veggie, beef and rice

Ingredients:

3 zucchini, chopped into bite-sized chunks
1 1/2 lbs. ground beef
2 cloves garlic, minced
10 oz. can tomatoes and green chiles (Like mild Rotel)
1 tsp. chili powder
1 tsp. cumin
1/2 tsp. black pepper
1/2 tsp. onion salt
1/4 tsp. cayenne pepper
1 c. instant brown rice
2 c. water
Colby jack cheese (optional garnish)

Directions:

In a large skillet, brown the ground beef and the garlic over medium heat until the beef is no longer pink. (If using frozen beef, microwave it for 4 minutes before adding to the skillet.)

Add the tomatoes and spices.

Simmer for 10 minutes.

Add the zucchini, rice and water.

Bring to a boil and then simmer covered for 10 minutes or until rice has absorbed most of the water and is tender.

Top each serving with a sprinkle of Colby jack cheese.

To see pictures of each step, click [here](#).



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