

Spanish Rice Taco Bowl

Print Recipe

Ingredients

2 cups white rice
1/4 cup tomato powder
1/4 cup dehydrated diced green bell peppers
2 TBSP dehydrated onion
2 TBSP dehydrated celery
1 tsp red pepper flakes
2 tsp powdered chicken bouillon
1 tsp garlic powder
1 tsp cumin
1 tsp sea salt

16 oz homecanned taco meat: ground beef or venison

Directions

Bring 5 cups water to boil, add rice mix. Reduce heat to a low simmer and cover. Cook for about 20 minutes, until water is absorbed. Fluff with a fork. Makes about 8, 1-cup servings of rice. Top rice with 1/8th jar taco meat, then add as desired: sour cream (reconstituted, 1 TBLS per serving), salsa, sprouts, etc.

Serving Size: About 1 cup

Nutrition Info

Calories: 242.5

Fat: 12.1g

Carbohydrates: 21.6g

Protein: 12.9g
