

Recipes Using Foods in Your Pantry

**EAT.
MOVE.
SAVE.**

Make the most of your pantry foods with easy, tasty recipes families love using common ingredients.



Texas Hash

Serves 2

Ingredients:

- 1 lb. ground beef, extra lean or ground turkey
- 1 can (14.5 ounces) diced tomatoes with onions and peppers (*May use 1 cup chopped onion, 1 chopped green pepper, and 2 cups chopped tomatoes instead of canned tomato blend*)
- 2 cups water
- 1 cup uncooked rice
- 1 Tbsp. chili powder
- 1/2 tsp. pepper

Instructions:

1. In a large skillet, brown beef or turkey to a temperature of 165 degrees F, stirring to crumble meat. Drain off fat.
2. Add tomatoes, water, rice, chili powder, and pepper.
3. Cover and cook over low heat until rice is tender, about 20 minutes.

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