Cornell University
Cooperative Extension

173 South Grand Street
Cobleskill, New York 12043
t. 518.234.4303
t. 518.296.8310
f. 518.234.4305

Spanish Rice

Ingredients

2 pounds lean ground beef

1 medium onion, chopped

1 green pepper, chopped

2 (8-ounce) cans tomato sauce

1 cup water

2½ teaspoons chili powder

1 teaspoon salt

2 teaspoons Worcestershire sauce

1 cup raw long grain rice

Makes 8 servings

Instructions

1. Brown ground beef in skillet and drain off fat.
2. Put all ingredients in crock-pot. Stir thoroughly.
3. Cover and cook on low for 7 to 9 hours or on high for 3 hours.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 300	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 4.5g	**23%**
Trans Fat 0.5g	
Cholesterol 75mg	**25%**
Sodium 690mg	**29%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 25g	

Vitamin A 10% • Vitamin C 35%
Calcium 2% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

36% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

Eat Smart New York! ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

EFNEP