

WHAT'S  
COOKING?

# MEXICAN RECIPES

## INGREDIENTS

- 1 lb ground beef
- 1/4 cup flour
- 1 tbsp chili powder
- 1 tsp salt
- 1/2 tsp minced onion
- 1/2 tsp paprika
- 1/4 tsp onion powder
- 1/8 tsp garlic powder
- 1/8 tsp cumin
- 1/2 cup water

## DIRECTIONS

1. Combine all ingredients in a bowl except water.
2. Mix well as you would in making a meat loaf.
3. Pour water into pan and add meat.
4. Stir occasionally breaking up any large chunks.
5. Cook for about 5-10 minutes or until done.

Fill Tacos with Meat & Enjoy!

## TACO'S & MEAT



## INGREDIENTS

- 3 tbsp oil
- 1 cup uncooked rice
- 1 tsp garlic salt
- 1/2 tsp ground cumin
- 1/4 cup chopped onion
- 1/2 cup tomato sauce
- 2 cups chicken broth

## DIRECTIONS

1. Heat oil in a large saucepan over medium heat and add rice.
2. Cook, stirring constantly, until puffed & golden.
3. While rice is cooking, sprinkle with salt and cumin.
4. Stir in onions and cook until tender.
5. Stir in tomato sauce and chicken broth; bring to a boil.
6. Reduce heat to low, cover and simmer for 20-25 minutes. Fluff with a fork.

## MEXICAN RICE

