

CAJUN BEEF AND RICE

INGREDIENTS

1 POUND LEAN GROUND BEEF (90% LEAN)
3 CELERY RIBS, CHOPPED
1 GREEN PEPPER, CHOPPED
1/4 CUP ONION, CHOPPED
2 TEASPOONS REDUCED-SODIUM BEEF BOUILLON GRANULES
1 TEASPOON CAJUN SEASONING
1/4 TEASPOON CRUSHED RED PEPPER FLAKES
1/4 TEASPOON PEPPER
1/8 TEASPOON GARLIC POWDER
2 CUPS WATER
1 CUP INSTANT BROWN RICE
1 TABLESPOON WORCESTERSHIRE SAUCE

DIRECTIONS

1. IN A LARGE SKILLET, COOK BEEF, CELERY, GREEN AND RED PEPPERS, AND ONION OVER MEDIUM HEAT UNTIL BEEF IS NO LONGER PINK.
2. STIR IN REMAINING INGREDIENTS. BRING TO A BOIL. REDUCE HEAT; SIMMER, COVERED, UNTIL RICE IS TENDER, 20 MINUTES.

