

Cheesy One Pan Beef Enchilada Meal
RECIPE

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<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

5 items

MAKES

4 servings

A taste of the south! Using one non-stick skillet, you can create cheesy beef enchiladas with our signature BEN'S ORIGINALTM Southwest Style rice. That's the whole enchilada in just 20 minutes!

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INGREDIENTS

- 2 pouches (each 240 g) BEN'S ORIGINAL™ RICE & PULSES Southwest Style
- 1 lb (500g) Extra lean ground beef
- 2 cups (500 mL) Frozen chili vegetable mix
- 1 cup (250 mL) Salsa (or enchilada sauce)
- 1 cup (250 mL) Shredded cheddar cheese

INSTRUCTION

1.
1
In a large, non-stick skillet over medium-high heat, brown ground beef until fully cooked. Drain well and return to skillet.
2.
2
Add vegetables, cook and stir for 5 minutes.
3.
3
Add salsa and BEN'S ORIGINAL™ RICE & PULSES Southwest Style, cook and stir until heated through, about 4 minutes.
4.
4
Remove from heat and sprinkle with cheese. Cover and let sit for 2 minutes to let the cheese melt.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories : 512
- Carbohydrates (g) : 44 g
- Dietary Fiber (g) : 7 g
- Protein (g) : 39 g
- Total Fat (g) : 19 g
- Sodium (mg) : 980 mg

CATEGORIES:

[Beef](#), [less than 20](#), [Ready to Heat Rice](#)

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Cooking time

15 min

Ingredients

6 items

[SEE DETAILS](#)



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Cooking time

40 min

Ingredients

13 items

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[Jerk Chicken with Cilantro & Lime Flavour Rice & Black Beans](#)

Cooking time

20 min

Ingredients

7 items

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