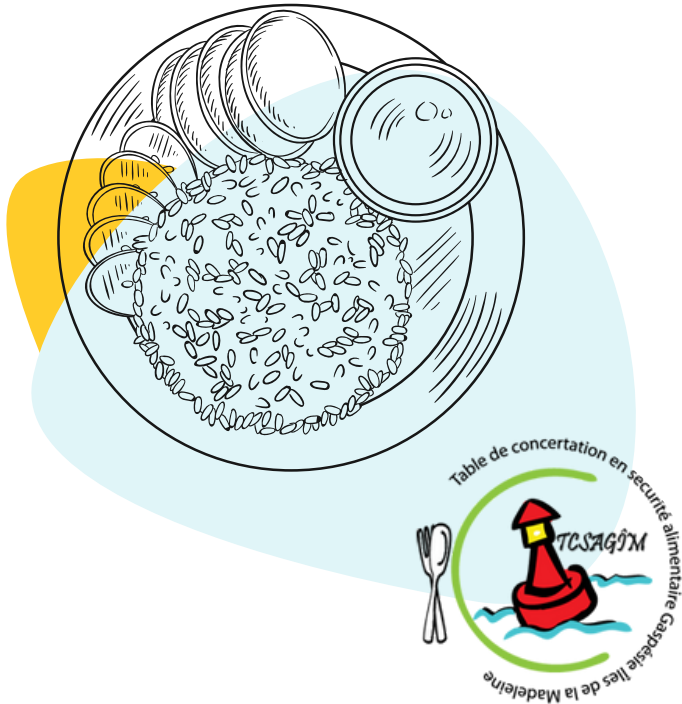


*Perfect recipe
for collective kitchens*

One-Pot Mexican- Style Ground Beef and Rice



To calculate the amount needed for each ingredient: Amount of the basic recipe X Number of recipes = Total Amount

Ingredient	Amount	Number of recipes	Total amount
Olive oil	15 ml (1 tbsp.)		
Medium-lean ground beef	450 g (1 lb)		
Chopped onion	1		
Chopped garlic	1 clove or 15 ml (1 tbsp.)		
Chili powder	15 ml (1 tbsp.)		
Cumin	2 ml (½ tsp.)		
Red bell pepper, diced	1		
Black beans, rinsed and drained	1 can (540 ml)		
Corn kernels	250 ml (1 cup)		
Long grain parboiled rice	250 ml (1 cup)		
Vegetable broth	375 ml (1 ½ cups)		
Tex-Mex Shredded Cheese Blend	375 ml (1 ½ cups)		
Large tomato, diced	1		
Cilantro leaves	30 ml (2 tbsp.)		
Salt and pepper	to taste		

**PREPARATION 3 HOURS
COOKING 2 H 30 MIN
MAKES 2.5 L**

Preparation

- Combine the zucchini, onions and peppers with the salt.
- Let stand for at least 2 hours.
- Drain well and add the remaining ingredients.
- Cook until tender, for about 1 ½ hours.
- Thicken with cornstarch diluted with a little water.
- Pot and sterilize using the method for acid products.
- Boil for 10 minutes in a boiling water bath.