



# Walk Kansas for Kids!

**K-STATE**  
Research and Extension

## Zara's Zesty Taco Salad

*Makes 12 servings*

### Ingredients:

1 pound lean ground beef  
1½ cups uncooked instant brown rice  
2 cups water  
1 cup onion, chopped (about 1 medium)  
1 tablespoon chili powder  
½ teaspoon red pepper  
3 cups tomatoes, chopped  
1 seeded jalapeño, chopped finely  
2 cups lettuce  
1 cup low fat shredded cheese



### Directions:

1. Cook ground meat in a large skillet until brown (160° F). Drain off fat. Rinse meat with warm water to remove more fat.
2. Add rice, water, onion, red pepper and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes to cook rice.
4. Add tomatoes and jalapeño. Heat for 2 to 3 minutes.
5. Place zesty rice on lettuce and sprinkle with 1/8 cup shredded cheese.
6. Optional; tortilla chips, salsa, sour cream. Adding optional items will change nutritional value.

**Nutrition Facts:** Each 1 cup serving provides 140 Calories, 25 Calories from Fat, 3g Total Fat, 1g Saturated Fat, 0g Trans Fat, 100mg Sodium, 15g Total Carbohydrates, 3g Dietary Fiber, 13g protein, 3g Sugar, 8% Calcium, 8% Iron

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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