

Trash Jambalaya

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- 1 (8 oz) box Jambalaya-style rice mix
- 1 lb. ground beef
- 1 medium yellow onion, diced
- 1 green pepper, seeded and diced
- 1 (14.5 oz.) can diced tomatoes, drained well
- 1 (15.25 oz.) can corn, drained well
- 1 teaspoon Creole seasoning (like Tony Chachere's), or to taste

Follow the package directions for the rice with only 1 tablespoon of oil and without adding any meat, but start it in at least a 3-quart pot so there's room for the meat mixture later on.

After you've got the water heating to a boil for the rice, start on your beef mixture. Heat a skillet over medium heat and add the ground beef, onion, and green pepper. Cook, breaking up the meat, until meat is cooked through. Drain off all the juices and then stir in the tomatoes, corn, and a teaspoon of Creole seasoning. By this time you should already have your rice and seasoning packet in the water and it's probably got another ten minutes or more of cooking time left. Go ahead and throw the beef mixture on top and stir it all up. Replace the lid and increase the heat if necessary to get it simmering again, then turn it down to finish cooking. When the timer for the rice goes off, stir and add additional seasoning to taste.

Serves 4-6

Per serving (1/6 of recipe): 354 calories; 9 g fat; 49 g carbohydrates; 5 g fiber; 22 g protein; **9 Points Plus**.