

Mexican Beef Skillet

2 Cups cooked beef
1 can whole corn (Do not drain)
1 jar (16 oz) Salsa
1 teaspoon minced garlic
½ teaspoon cumin
¼ teaspoon cayenne pepper
2 Tablespoons Brown sugar
1 Tablespoon Soy Sauce
2 Tablespoons fresh cilantro (Optional if in season)
2 ½ cups water
1 cup long grain rice



Brown hamburger Mix all the ingredients

Bring to a boil. Reduce heat. Cover and simmer for 20 min until rice has absorbed the liquid and is soft. Stir occasionally while cooking.

– Early prep version

Brown hamburger Mix all the ingredients except water and rice. Freeze.

Day of thaw mixture. Add water and rice.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Beef.html>