Healthier Hamburger Helper

1 – 1½ pounds 95% lean ground beef or ground turkey
1 can (15 oz) tomatoes with green chiles
1 can (15 oz) black beans, drained & rinsed
1 can (15 oz) corn, drained
½ cup instant whole grain brown rice, uncooked
1 cup water
½ tsp. each garlic salt, black pepper & chili powder
1 cup sharp cheddar cheese shreds

Directions:

1) In large skillet, brown ground beef or turkey; drain well.

2) Stir in tomatoes, black beans, corn, brown rice, water and seasonings. Bring to a boil, reduce heat and simmer 15 minutes, stirring occasionally.

3) Top with cheese shreds and serve.

4) Balance with a large salad, baked tortilla chips, and cow’s or soy milk.

Makes 6 servings