

**Recipe for:** Mexican Rice

**Ingredients:**

1 bag brown rice  
1 lb. ground beef or ground turkey  
¾ jar of pasta sauce (organic and low-sugar if possible)  
½ onion, chopped  
4 cloves garlic, minced  
\*Crushed red pepper  
\*Oregano  
\*Basil  
(\* all to taste)

**Preparation:**

Place beef or turkey in a skillet and brown with onions and garlic on medium heat.

Meanwhile, in a separate pan, prepare rice as directed.

When meat is done, add sauce, seasoning, and cooked rice.

Stir until blended.