



## *Beefy Spanish Rice*

1 lb. ground beef (ground turkey)	1 tsp. salt
1 medium onion, chopped	1/2 to 1 tsp. chili powder
1 green pepper, chopped	1/2 tsp. dried thyme
1 garlic clove, minced	1/4 tsp. dried basil
1 can (14 oz.) stewed tomatoes	1/4 tsp. pepper
1 1/2 cup water	2 Tbsp. tomato paste
1 cup long grain rice, uncooked	French bread

In a large skillet, cook the ground beef (or ground turkey), onion, green pepper and garlic until meat is no longer pink; drain.

Stir in tomatoes, water, rice, salt, chili powder, thyme, basil and pepper; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until the rice is tender.

Stir in tomato paste and cook until heated through.

Serve with French bread.