



Leafcutter Bee and Alfalfa Flowers

Tasty Hamburger Skillet



Many farmers and ranchers feed their livestock alfalfa hay. It's loaded with nutrients like protein, vitamins and minerals that help the animals produce high-quality meat and dairy products. Oregon leafcutter bees help produce the alfalfa seed that these farms rely on. Think about all the hard work of leafcutter bees when you enjoy this Food Hero recipe.

Ingredients

- 1 pound lean ground beef (15% fat)
- 1/3 cup chopped onion (1/3 medium onion)
- 1/3 cup chopped green pepper
- 2 cups water
- 1 cup long grain white rice
- 1 teaspoon garlic powder or 4 cloves of garlic
- 1 Tablespoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 can (15 ounces) diced tomatoes, with juice
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1/2 cup grated cheddar cheese



Makes 9 cups
 Prep time: 10 minutes
 Cook time: 30 minutes

Directions

1. Cook ground beef, onion and green pepper in a large skillet over medium heat (300 degrees F in an electric skillet) until the hamburger is no longer pink. Drain excess fat from pan.
2. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn and beans.
3. Cook covered, for about 20 minutes or until rice the is soft.
4. Remove from stove top, sprinkle with grated cheese, and serve hot.
5. Refrigerate leftovers within 2 hours.

Notes

- Garnish this dish with a Tablespoon of low-fat sour cream.
- Boost the flavor with: green chilis, jalapeños, more garlic, or other seasonings.

Nutrition Facts	
9 servings per container	
Serving size	1 cup (246g)
Amount per Serving	
Calories	280
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 220mg	10%
Total Carbohydrate 36g	13%
Dietary Fiber 6g	22%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 333mg	8%
Vitamin A 32mcg	4%
Vitamin C 6mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.
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Leafcutter Bee Photo: New Zealand Arthropod Collection