



Tex-Mex Skillet

WSU extension



Ingredients



- 1 tbsp. vegetable oil
 - 1 (14-ounce) packaged tofu, cut into 1/2-inch pieces
 - 2 c chopped vegetable mixture (onion, celery, bell pepper, carrots)
 - 2 c water
 - 1 c dry white rice
 - 1 (15-ounce) can tomatoes, diced
 - 2 tsp. chili powder
 - 2 garlic cloves, minced
 - 1 (15-ounce) can beans, rinsed and drained
 - Optional: 1 tsp. ground cumin, 1 tsp. dried oregano, 1/4 tsp. crushed red pepper flakes
- Yield: 5
Serving Size: 1 1/3 c



Directions



1. Use a large skillet or saucepan with a tight-fitting lid. Over medium heat, add oil to skillet and add tofu. Cook until lightly browned.
2. Add vegetables and continue cooking 5 to 10 minutes.
3. Add water, rice, tomatoes, and seasonings. Bring to a boil. Reduce heat to medium-low. Cover pan, cook for 10 minutes.
4. Add beans to the pan. Continue to cook for 10 to 15 minutes, until rice is tender. Serve immediately.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



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Nutrition Facts



Nutrition Facts	
5 servings per container	
Serving size	1.3 cup
Amount Per Serving	
Calories	370
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	22%
Total Carbohydrate 62g	23%
Dietary Fiber 13g	46%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 5.22mg	30%
Potassium 846mg	20%

*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.

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