

*A recipe from*

# DAD'S CHILE COOKBOOK



Heat Rating:



## Texas Hash

I whomped this stuff together one morning when I was coffee-disadvantaged, but it turned out great anyways. Maybe somebody's guardian angel worked overtime to protect my family...

*1½ lb lean ground beef*

*1 Tbsp light olive oil*

*1 tsp minced garlic*

*2 yellow onions, chopped*

*2 green bell peppers, chopped*

*1 jalapeño, stemmed, seeded, minced*

*1 can (15 oz) petite-diced tomatoes*

*1-2 tsp chili powder (to your taste)*

*¼ tsp ground cumin*

*¼ tsp Italian seasoning (or oregano)*

*freshly ground black pepper*

*⅔ cup uncooked rice*

*½-⅔ cup beef broth*

Using a large, deep skillet over medium-high heat, brown beef in oil with garlic. Before beef is completely browned, add onions, peppers and jalapeño. Continue cooking until onions are translucent, about 5-7 minutes. Spoon off excess fat (if any) and add tomatoes and spices. Stir in rice, cover and reduce heat to simmer. The rice will need 25-30 minutes to become tender. Add a scant half cup of broth at the beginning of the simmer, and add more as needed to prevent the dish from getting too dry and scorching.

This dish can be made with ground pork, ground turkey or lean breakfast sausage. Remember to remove the excess fat and you'll have a surprisingly nutritious and low-calorie meal. Add more jalapeño, or use a hotter chile like Serranos, if you want more bite...

Yield: Six to eight servings

Preparation time: 15 minutes

Cooking time: 45 minutes

