

Taco Skillet

INGREDIENTS

- 1 tablespoon olive oil
- 1 pound lean ground beef (or ground turkey)
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 medium zucchini, diced small
- 2 tablespoons taco seasoning (store-bought or homemade)
- 1 (10 oz) can diced tomatoes with green chilies (like Rotel)
- 1 (15 oz) can pinto beans, drained and rinsed
- 1½ cups cooked rice (white or brown)
- 1 cup shredded cheddar or Mexican blend cheese
- Salt and pepper, to taste
- *Optional: chopped cilantro, diced avocado, sour cream, hot sauce*

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high. Add diced onion and cook 2-3 minutes until softened. Add garlic and diced zucchini; cook 3-4 minutes, stirring occasionally.
2. Add ground beef to the skillet and cook until fully browned, breaking it up with a spoon (about 5-6 minutes). Drain excess grease if needed.
3. Stir in taco seasoning, diced tomatoes with green chilies, and pinto beans. Let simmer for 2-3 minutes to allow flavors to blend.
4. Stir in cooked rice until everything is well combined and heated through. Season to taste with salt and pepper.
5. Sprinkle shredded cheese evenly over the top. Cover and let sit off heat for 2-3 minutes, or place under the broiler to melt.
6. Scoop into bowls or tortillas and add your favorite toppings.