# Fiesta Bowl with Apricot Pico de Gallo

**4 Servings • 1 Serving = 1 Bowl**

## INGREDIENTS

Seasoned Ground Beef:
- 1 Tablespoon canola oil
- 1 lb. ground beef
- ½ teaspoon cumin
- ½ teaspoon of dried oregano
- ¼ teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon black pepper
- ¼ teaspoon salt

Apricot Pico de Gallo:
- 3 large tomatoes, 1 separated and finely diced
- ½ red onion
- 1 ½ cup diced apricots (canned or fresh)
- 1 jalapeño
- Juice from 1 lime
- Small handful of cilantro

Bowls:
- 2 cups brown rice
- 1 - 15 ounce can pinto beans
- ¼ cup cheddar cheese, shredded

## DIRECTIONS

1. Add the canola oil to a skillet over medium heat. Add the ground beef and sauté until tender.
2. Add cumin, oregano, chili powder, garlic powder, onion powder, back pepper, and 1 tomato to the pan. Mix well to combine.
3. Cook until beef crumbles reach an internal temperature of 155° F.
4. While beef is cooking, make the Apricot Pico de Gallo. Dice the tomatoes and red onion. Add to a large bowl.
5. If using canned apricots, drain the excess juice. If using fresh, add to the bowl.
6. Deseed the jalapeño and mince. Add to the bowl.
7. Chop the cilantro and add to the bowl.
8. Pour lime juice over the ingredients and stir gently to combine.
9. Cook rice according to package instructions.
10. Heat the beans on the stove in a pan on medium-low heat until warm.
11. To four bowls, add ½ cup rice and ¼ cup beans. Top each bowl with 1 Tablespoon cheddar cheese and ¼ cup pico de gallo.

| Nutrition Facts | |
|---|---|
| servings per container | |
| **Serving size** | **(250g)** |
| Amount per serving | |
| **Calories** | **410** |
| | % Daily Value* |
| **Total Fat** 20g | **26%** |
| Saturated Fat 7g | **35%** |
| Trans Fat 0.5g | |
| **Cholesterol** 75mg | **25%** |
| **Sodium** 590mg | **26%** |
| **Total Carbohydrate** 31g | **11%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 6g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 26g | |
| Vitamin D 0mcg | 0% |
| Calcium 129mg | 10% |
| Iron 3mg | 15% |
| Potassium 503mg | 10% |

*The % Daily Value 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.

*Recipe developed by San Antonio Independent School District - Child Nutrition Services*

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