# Foster's Body & Paint

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## Fiesta Fry Pan Dinner

### **Ingredients:**

- -1 lb ground turkey or beef
- -1/2 cup chopped onion
- -1 envelope taco seasoning
- -1 1/2 cups water
- -1 1/2 cups sliced zucchini
- -1 can (14 ½ oz) stewed tomatoes, undrained
- -1 cup frozen corn
- -1 1/2 cups uncooked instant rice
- -1 cup (4 oz) shredded cheddar cheese

### **Preparations:**

- In a skillet, cook turkey and onion until meat is no longer pink; drain if necessary.
- 2.) Stir in taco seasoning, water, zucchini, tomatoes and corn; bring to a boil.
- 3.) Add rice. Reduce heat; cover and simmer for 5 minutes or until rice is tender and liquid is absorbed.
- 4.) Sprinkle with cheese; cover and let stand until the cheese is melted.

Makes 8 to 10 servings

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