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Easy Beans and Rice

Prep Cook Time: 30 minutes

SERVES 4

Ingredients:
1. 3 lbs of Ground Beef
1 can pinto beans or black beans, drained
1 can of tomatoes with green chilies, undrained
1 teaspoon cumin
½ teaspoon garlic salt
Instant rice
Barber's Dairy Sour Cream

Steps
1. In a large saucepan brown ground beef. Drain
2. Add black or pinto beans and tomatoes. Season with ground cumin and garlic salt. Heat
3. Meanwhile cook rice according to package directions.
4. Serve beef/bean mixture over rice and top with Barber's Dairy Sour Cream.