

## Beef and Rice Medley

1 lbs ground beef  
½ cup diced onion  
2½ cups water  
1 cup uncooked rice  
1 cube low sodium beef bullion  
½ teaspoon ground black pepper  
1 (14.5 oz) can diced tomatoes  
1 cup diced green pepper  
1 (8 oz) package of mozzarella

Place ground beef and onion in a large skillet. Cook over medium high heat until evenly brown. Drain excess fat. Stir in water and rice. Season with beef bouillon and black pepper. Simmer 25-30 minutes, or until water is absorbed. Stir in diced tomatoes and green peppers. Simmer another 10 minutes, until green pepper is tender. Sprinkle top with cheese. Serve.

Makes 4 servings.

