

Cook Time: 65 mins

Serving Size: 1 cup

Servings: 6

Ingredients

1 pound ground beef
1 Tablespoon olive oil
1 medium onion, finely chopped
1 green bell pepper, finely chopped
1/2 cup finely chopped celery
2 teaspoons (or 2 cloves) minced garlic

1/2 teaspoon salt
1/8–1/4 teaspoon cayenne pepper (to taste)
1/4 teaspoon ground black pepper
1/8 teaspoon paprika
1/4 teaspoon dried oregano
1 teaspoon dried parsley
1 tablespoon low-sodium Worcestershire sauce
1 cup uncooked brown rice



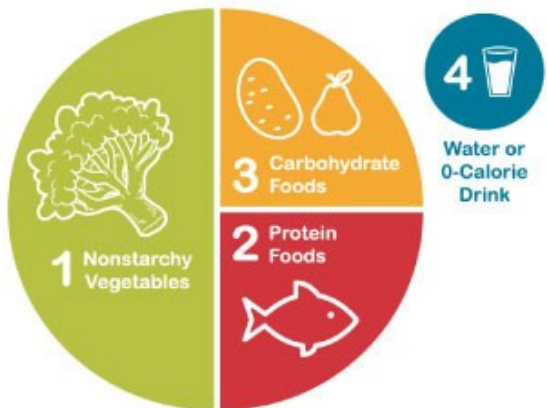
Directions

1. Brown ground beef in a large, nonstick skillet. Drain off any fat.
2. Heat oil in a large pot. Sauté onion, bell pepper, celery, garlic for 5 to 7 minutes,
3. Add beef and remaining ingredients to the pot. Bring to a boil, cover, and reduce heat to medium. Simmer for 30 to 35 minutes or until rice is tender.

Recipe source: Diabetes Self-Managements Magazine

Nutrition

Calories: 242kcal | Carbohydrates: 29g | Protein: 20g | Fat: 5g | Saturated Fat: 2g | Cholesterol: 47mg | Sodium: 367mg | Potassium: 426mg | Fiber: 2g | Sugar: 2g | Vitamin A: 209IU | Vitamin C: 21mg | Calcium: 38mg | Iron: 3mg



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at diabetes.org | 1-800-DIABETES (800-342-2383)