



• Family Pleasers

• Quick & Easy

Cook's Notes

Cook's Tip: One package (12 ounces) refrigerated fully-cooked original ground beef crumbles may be substituted for ground beef. Omit step 2 and increase baking time 1 to 2 minutes. Proceed as directed above.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber.

Southwest Beef & Chile Pizza

30 minutes

Ingredients:

- 1 pound ground beef
- 1/4 teaspoon salt
- 1 package (16 ounces) thick prebaked pizza crust (12-inch diameter)
- 1 cup prepared thick-and-chunky salsa
- 2 cups shredded Mexican cheese blend or Monterey Jack cheese
- 1 can (4 ounces) diced green chilies, drained well
- 2 small plum tomatoes, seeded, coarsely chopped
- 1/3 cup thinly slivered red onion
- 2 tablespoons chopped fresh cilantro

Instructions:

1. Heat oven to 450°F.
2. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Remove from skillet with slotted spoon; season with salt.
3. Place pizza crust on ungreased pizza pan or large baking sheet. Spread salsa evenly on crust; sprinkle with 1/2 of cheese. Top evenly with beef, chilies, tomatoes and onion. Sprinkle with remaining cheese.
4. Bake in 450°F oven 11 to 13 minutes or until topping is hot and cheese is bubbly. Sprinkle with cilantro; cut into 8 wedges. Serve immediately.

Makes 4 servings.

Nutrition information per serving: 811 calories; 39 g fat (19 g saturated fat; 7 g monounsaturated fat); 126 mg cholesterol; 1720 mg sodium; 67 g carbohydrate; 4.0 g fiber; 48 g protein; 5.2 mg niacin; 0.4 mg vitamin B6; 2.4 mcg vitamin B12; 5.8 mg iron; 18.6 mcg selenium; 5.5 mg zinc

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