

Spanish Jack's

Blueberry Buffalo & Rice

Preparation: 15 minutes, Cook Time: 45 minutes

Yield: 4-6

Spanish Jack's Cookbook

Blueberry Grilling Sauce Recipes: **Beef**



This is a simple and easy recipe to make for dinner. It is a simple because it uses just using 1 skillet. It is easy, since you are only using just a few ingredients. I use buffalo ground meat, because it has less fat & is better for you. Besides adding the meat, you can add your own favorite veggies. Adding red bell peppers will give the dish color. Adding Spanish Jack's Blueberry Grilling Sauce gives your meat a wonderful sweet flavor. **Source:** *Connie - Ohio*

1 tablespoon Olive Oil
1 tablespoon Yogurt Butter
1 pound Buffalo ground meat or
Hamburger ground meat(less fat meat)
1/2 head chopped Vidalia Onion
2 cloves chopped Garlic
6-8 chopped Mushrooms

1/2 chopped Red Bell Pepper
sprinkle Kosher Salt & ground Black Pepper
1/2 cup Spanish Jack's Blueberry Grilling
Sauce
1 cup Kraft Minute Rice
3/4 cup Water optional if needed

Directions:

1. In a skillet, place the olive oil and yogurt butter on medium heat.
2. While the skillet is heating up, use this time to chop onions, garlic, mushrooms and red bell peppers. By now, your skillet should be warm enough to add the vegetables. Stir once they are added.
3. Once the onions are cooked, move the vegetables away from the center of the skillet. Make enough room for the ground meat.

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4. Place the ground meat in the center of the skillet. Use 2 forks to break up the meat into a crumb-like texture.
5. As soon as all the ground meat is broken up; start mixing the side vegetables with the ground meat. Keep stirring until the meat is cooked well done. This should take about 15 - 20 minutes.
6. Start adding the kosher salt, fresh ground black pepper and Spanish Jack's Blueberry Grilling Sauce to the meat mixture. Mix thoroughly.
7. Sprinkle the rice on top of the meat mixture. Stir. If it starts to look dry, you can add water on top of the rice. Mix thoroughly.
8. Reduce the temperature to low or simmer and cover for 15 minutes.
9. The dish will be ready to eat as soon as the rice is cooked.



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