Many farmers and ranchers feed their livestock alfalfa hay. It’s loaded with nutrients like protein, vitamins and minerals that help the animals produce high-quality meat and dairy products. Oregon leafcutter bees help produce the alfalfa seed that these farms rely on. Think about all the hard work of leafcutter bees when you enjoy this Food Hero recipe.

**Ingredients**

1 pound lean ground beef (15% fat)
1/3 cup chopped onion (1/3 medium onion)
1/3 cup chopped green pepper
2 cups water
1 cup long grain white rice
1 teaspoon garlic powder or 4 cloves of garlic
1 Tablespoon chili powder
1/4 teaspoon salt
1/4 teaspoon ground pepper
1 can (15 ounces) diced tomatoes, with juice
1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
1 can (15 ounces) red kidney beans, drained and rinsed
1/2 cup grated cheddar cheese

**Directions**

1. Cook ground beef, onion and green pepper in a large skillet over medium heat (300 degrees F in an electric skillet) until the hamburger is no longer pink. Drain excess fat from pan.
2. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn and beans.
3. Cook covered, for about 20 minutes or until rice the is soft.
4. Remove from stove top, sprinkle with grated cheese, and serve hot.
5. Refrigerate leftovers within 2 hours.

**Notes**

- Garnish this dish with a Tablespoon of low-fat sour cream.
- Boost the flavor with: green chilis, jalapeños, more garlic, or other seasonings.