

# Puerto Rican Corned Beef

*Recipe makes 6 meals*

## Ingredients

- 24 oz can Corned Beef
- 15 oz can Whole Kernel Corn, drained
- 1.5 cups White Rice, dry
- 1 large Russet Potato, peeled, diced
- 1/2 cup Tomato Sauce
- 1/4 cup Goya Sofrito
- 1 Tbsp Garlic Powder
- 1 tsp Dried Oregano
- 1 pack Sazón
- Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

**Calories - 497**  
**Fat - 15g**  
**Carbohydrates - 53g**  
**Protein - 35g**  
**\*Fiber - 2g**

Estimated Cost  
Per Meal

**\$2.07**

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# Instructions

- 1. Start by cooking your rice according to the instructions on the package. When it's done, set it aside.**
- 2. Next, heat a large skillet over medium-high heat, and add in 1/2 cup tomato sauce, 1/4 cup sofrito, 1 Tbsp garlic powder, 1 tsp dried oregano, and your packet of sazón. Mix well and bring to a boil.**
- 3. When your sauce starts to bubble, add in your corned beef and break it up.**
- 4. Next, add in your diced potatoes, 1 cup of water, and bring it back to a boil. Reduce the heat to medium-low, cover with a lid, and let this continue to cook for 15-20 minutes, or until your potatoes are cooked through.**
- 5. Once your potatoes are cooked through, remove the lid, stir in your can of drained corn, and let it cook uncovered for another 5 minutes on low heat.**
- 6. When that's done, give it a taste, and add salt and pepper to preference. If you feel it needs salt, you can also use adobo seasoning to enhance the flavor even more.**
- 7. Portion your rice out into your meal containers and top with your corned beef mixture.**
- 8. Enjoy!**



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# Notes

- **Bulk this meal up by adding whatever veggies you prefer, or just serve them on the side.**
- **If you cannot get past the idea of eating canned meat, this recipe will work with fresh corned beef, or you can even sub the corned beef for ground beef if you prefer. Just be sure to cook your beef all the way through.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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