

MEXICAN BEEF AND RICE CASSEROLE

Serves: 7 | Preparation: 15 minutes | Total: 45 minutes

Difficulty: Easy



INGREDIENTS

- 2 tablespoons oil
- 1 onion, diced
- 4 cloves garlic, minced (or 1 teaspoon garlic powder)
- 1 pound ground beef
- 15 ounce canned corn kernels, rinsed and drained
- 15 ounce canned black beans, rinsed and drained
- 2 tablespoons taco seasoning
- 14 ounce jar salsa
- 1 cup minute rice, uncooked
- 1 ½ cups chicken broth
- 2 cups shredded cheese (optional)

INSTRUCTIONS

1. Preheat oven to 375 F.
2. In a frying pan, cook onions, garlic, and ground beef with oil over medium–high heat. Continue to cook, breaking up beef into crumbles, until onions are soft and meat is no longer pink.
3. Drain off any grease and pour mixture into baking dish.
4. Add corn, black beans, taco seasoning, salsa, minute rice, 1 cup of cheese, and chicken broth to baking dish. Stir until combined.
5. Cover with foil and bake for 35 minutes or until rice has softened.
6. Remove foil and sprinkle remaining cheese. Bake for another 5 minutes or until cheese is melted.