

One Skillet Mexican Rice Casserole



Sirve:

6

Pieza:

11" Large Skillet with Cover

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

You can't go wrong with a casserole, they're easy to make and delicious! With Saladmaster, you can do this all on your stove top in one of your Gourmet Skillets! This vegetarian casserole is packed with flavor and will be done in less than 30 minutes! Perfect for those crazy busy dinner nights! Serve with a side of tortilla chips and guacamole!

1 medium onion, diced
1 tbsp
cumin
(6
g)
1 tbsp
smoked paprika
(6
g)
1 tbsp
chili powder
(6

g)
 1 tbsp
 garlic powder
 (6
 g)
 1 tsp
 salt
 (3
 g)
 1 tsp
 oregano
 (3
 g)
 3 bell peppers, (red, green and yellow) diced
 4.5 oz
 can of green chilies
 (127
 g)
 15 oz
 can of black beans (drained)
 (425
 g)
 15 oz
 can of yellow corn (drained)
 (430
 g)
 3 cups
 cooked rice, white or brown
 (570
 g)
 1 cup
 salsa
 (237
 ml)
 ½ cup
 enchilada sauce
 (120
 g)
 1 cup
 shredded cheese
 (113
 g)
 1 green onion, chopped both green and white parts

Preparación :

1. Preheat skillet over medium-high heat until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
2. Add onion and saute until translucent. Approximately 3 minutes.
3. Add cumin, chili powder, garlic powder, dried oregano, smoked paprika and salt and combine.
4. Add bell peppers and green chilies to skillet, cover and cook for approximately 5 minutes.
5. Add black beans, corn, cooked rice, salsa and enchilada sauce to skillet. Combine all ingredients, cover and cook for 5 minutes.
6. Top with shredded cheese and cover for 3 minutes until it's melted. Top with green onions and serve.

Información nutricional por ración

Calorías: 343
Grasa Total: 8g
Grasa 4g
Saturada:
Colesterol: 16mg

Sodio:	626mg
Carbohidratos:	46g
Fibra	11g
Dietética:	
Azúcar:	7g
Proteína:	15g
