

Tex-Mex Beans & Rice Casserole

- If using rice in more than one meal this week, cook a larger batch. Use leftovers in this recipe.
- Try using other toppings like lettuce, tomato, red onion, olives, jalapeno pepper, or salsa.
- Use black beans or other leftover beans in place of the pinto beans, if desired.
- Use a cheese you have on hand, like low-fat cheddar, pepper jack, or Colby cheese, instead of the Monterey Jack.

Nutrition Facts

8 servings per container
Serving size 1 cup

Amount per serving
Calories 400

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 450mg	20%
Total Carbohydrate 71g	26%
Dietary Fiber 12g	43%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 234mg	20%
Iron 4mg	20%
Potassium 856mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Bean and Rice Casserole

Servings: 8–1 cup servings

Prep Time: 25



**ATLANTA
COMMUNITY
FOODBANK**

End hunger. Grow stronger.

Ingredients:

- 2 cups brown rice
- 3 small onions
- 1 medium green bell pepper
- 1 small clove garlic
- 4 ounces low-fat Monterey Jack cheese
- 3 cans (15.5oz) pinto beans
- 2 Tablespoons low-sodium taco seasoning
- 1 can (28oz) diced or crushed tomatoes, no salt added
- Non-stick cooking spray
- 1 medium avocado (optional)
- 2–3 Tablespoons fresh cilantro (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Cook rice following package directions. Set aside.
3. Peel and dice onions. Dice bell pepper. Peel and finely chop garlic. If using avocado, peel it, remove pit, and slice. Chop fresh cilantro.
4. Grate cheese.
5. In a colander, rinse and drain canned beans.
6. In a medium pot over medium-high heat, heat oil. Add onions, garlic, and bell pepper. Cook, stirring frequently until veggies are soft and just starting to brown. Add taco seasoning. Stir to toast, about 30 seconds.
7. Add drained beans and canned tomatoes with their juices. Simmer mixture on low until thickened, about 15 minutes.
8. Coat baking dish with non-stick cooking spray. Spread cooked rice on bottom of baking dish. Cover rice with bean mixture and sprinkle cheese on top.
9. Bake for 20–25 minutes, or until cheese is melted and is heated through. Top with cilantro and avocado slices.

Recipe Credit:

Cooking Matters recipe by Chef Sarah McKay