

**Recipe: Easy Mexican Brown Rice Bake**

**Servings: 6**

**Serving Size: 1.5 cups**

**Ingredients:**

- 4 cups of cooked brown rice or pre-cooked frozen brown rice / instant brown rice.
- 1 can (15.25 oz.) of no-salt-added black beans OR 1 can (15.25 oz.) refried beans.
- 3/4 cup corn kernels (freshly cooked, canned, or frozen).
- 1 bottle (16 oz.) taco sauce, any kind you like.
- 1/2 small onion, chopped.
- 1 red bell pepper, chopped.
- 1/2 cup shredded cheddar cheese
- **Seasoning options:** e.g. cumin, chili powder, garlic powder, onion powder, paprika, black pepper, chipotle, no-salt seasoning, or a pre-made taco seasoning mix.
- **Topping options:** shredded lettuce, cilantro, salsa, sour cream/ Greek yoghurt, diced tomatoes, sliced avocado, jalapeños.



**Directions:**

1. Preheat oven to 350°F and drain the liquid out of canned foods.
2. Combine cooked rice, beans, corn, taco sauce, onion, and peppers in a large bowl.
3. Add seasoning to taste.
4. Lightly grease a 9"x9" pan (or similar sized pan/ skillet) and spread the mixture evenly in the pan.
5. Top with cheese and bake for 30 minutes.
6. Allow to cool for 10 minutes before adding toppings and serving.
7. Serve by itself or with soft tortillas, taco shells, tortilla chips etc.

CALORIES	CARBOHYDRATES	FATS	PROTEINS	CHOLESTEROL	SODIUM	SUGAR
330 kcal	60g	5g	11g	9.5mg	585mg	7g

This recipe is vegetarian and gluten free. It provides whole grains and a minimum of 4 vegetables. It is rich in fibre, protein, vitamins and minerals. You can reduce sodium content by choosing reduced-sodium canned foods and using less salt seasoning.