



# BURRITO BOWL CASSEROLE

SERVING SIZE: 1 cup

SERVINGS: 6

PREPARATION TIME: 15 minutes

COOK TIME: 1 hour

## INGREDIENTS:

- 2 cup instant brown rice or 1 1/3 cups regular brown rice, dry
- 1 14 ounce can diced tomatoes, no salt added
- 2 15 ounce can yellow whole kernel corn, no salt added
- 1 15 ounce can black beans, low salt
- 1 1/2 teaspoons garlic powder
- 1 Tablespoon chili powder
- 3/4 cup low-fat cheddar cheese
- 1/2 cup shredded lettuce, optional



## DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Cook rice as stated on package.
3. Drain liquid from tomato, corn, and bean cans.
4. Mix cooked brown rice, tomatoes, corn, beans, cheese, garlic powder, and chili powder in a casserole dish.
5. Bake in oven at 350 degrees F for 30 minutes.
6. Add shredded lettuce if desired.

## RECIPE TIPS:

- Cook regular brown rice in advance and freeze until needed for a quicker meal.
- Eat with tortilla chips to add some crunch!

## NUTRITION FACTS:

Amount Per Serving	
<b>Calories</b>	<b>240</b>
<b>Total fat</b>	3g
Saturated fat	1g
<b>Cholesterol</b>	2mg
<b>Sodium</b>	260mg
<b>Total Carbohydrate</b>	58g
Fiber	10g
Sugar	5g
Includes 0g of Added Sugars	
<b>Protein</b>	13g
<b>Phosphorus</b>	313mg
<b>Potassium</b>	552mg

## EQUIPMENT NEEDED:

- Medium casserole dish
- Small sauce pan
- Mixing spoon
- Oven and stove

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)