

Cheesy Mexican Rice Casserole

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/cheesy-mexican-rice-casserole-recipe>

Ingredients:

- 2 1/2 cups water
- 1 1/2 cups rice
- 1 teaspoon salt
- 15 ounces cheese sauce nacho
- 1 pound ground turkey 99% fat free
- 1 envelope taco seasoning
- 1 cup salsa your favorite brand
- 15 ounces diced tomatoes petite cut
- 15 ounces black beans drained
- 1 cup cheddar cheese shredded
- 1/2 cup tortilla chips crushed
- sour cream
- black olives

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 165 milligrams
4. Fat: 37 grams
5. Fiber: 10 grams
6. Protein: 48 grams
7. SaturatedFat: 18 grams
8. Sodium: 2260 milligrams
9. Sugar: 6 grams

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