

Instant Pot Mexican Casserole

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-recipe-for-brisket-in-instant-pot>

Ingredients:

- 2 teaspoons extra virgin olive oil
- 1 pound ground chicken 93% lean, or turkey
- 1 small yellow onion diced
- 1 teaspoon kosher salt
- 1 cup long grain brown rice uncooked
- 1 red bell pepper large, cut into wide strips, about 3/4 inch, halved if long
- 1 green bell pepper large, cut into wide strips, about 3/4 inch, halved if long
- 15 ounces low sodium black beans drained and rinsed
- 15 ounces fire roasted diced tomatoes in their juices
- 1 cup corn kernels fresh, frozen and thawed, or drained from a can
- 2 cups salsa your favorite, 1, 16-ounce jar; I used a chunky medium salsa
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon garlic powder
- 1 cup mexican blend cheese shredded, divided
- sour cream
- chopped fresh cilantro
- avocado
- green onion

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 140 milligrams
4. Fat: 27 grams
5. Fiber: 18 grams
6. Protein: 51 grams
7. SaturatedFat: 11 grams
8. Sodium: 2830 milligrams

9. Sugar: 12 grams

Thank you for visiting our website. Hope you enjoy Instant Pot Mexican Casserole above. You can see more 15 mexican recipe for brisket in instant pot Prepare to be amazed! to get more great cooking ideas.