

Mexican Beef And Rice Casserole

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-rice-and-green-chilis>

Ingredients:

- 1 tablespoon oil
- 1/2 onion chopped
- 1 green bell pepper chopped
- 2 cloves garlic minced
- 1 pound ground beef
- salt
- pepper
- 3 tablespoons taco seasoning either 1 store-bought packet or homemade
- 1 1/2 cups salsa
- 2 tablespoons tomato paste
- 1 cup corn drained
- 16 ounces black beans drained
- 4 ounces green chilies
- 1 cup long-grain white rice uncooked
- 2 cups beef broth
- 2 cups mexican blend cheese shredded, Cheddar, Monterrey Jack

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 145 milligrams
4. Fat: 41 grams
5. Fiber: 14 grams
6. Protein: 51 grams
7. SaturatedFat: 20 grams
8. Sodium: 2660 milligrams
9. Sugar: 11 grams

10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Mexican Beef And Rice Casserole above. You can see more 15 recipe for mexican rice and green chilis Discover culinary perfection! to get more great cooking ideas.