

# One Pot Mexican Beef and Rice Casserole

Yield: 8 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-casserole-recipes>

## Ingredients:

- 1 tablespoon olive oil
- 1 pound ground beef
- 1 onion diced
- 2 cloves garlic minced
- 1 1/4 ounces taco seasoning
- 1 cup rice
- 1 cup vegetable broth
- 15 ounces black beans drained and rinsed
- 10 ounces diced tomatoes & green chilies Ro\*Tel® Mild
- 1 cup corn kernels frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- kosher salt
- freshly ground black pepper
- 1 lime
- 2 tablespoons cilantro leaves chopped fresh
- 1 1/2 cups shredded cheddar cheese
- 1/2 cup shredded Monterey Jack cheese
- 1 Roma tomato diced

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 70 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 26 grams

7. SaturatedFat: 10 grams
  8. Sodium: 1210 milligrams
  9. Sugar: 5 grams
  10. TransFat: 0.5 grams
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