

Mexican One Pot Beef and Rice Casserole

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-one-pot-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 1/2 chopped onion
- 1 chopped green bell pepper
- 2 cloves minced garlic
- 1 pound ground beef
- salt
- pepper
- 3 tablespoons taco seasoning
- 1 1/2 cups salsa
- 2 tablespoons tomato paste
- 1 cup corn drained
- 1 can black beans drained, 16-ounce
- 4 ounces green chilies
- 1 cup white rice long grain uncooked
- 2 cups beef broth
- 2 cups mexican blend cheese shredded

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 145 milligrams
4. Fat: 41 grams
5. Fiber: 14 grams
6. Protein: 51 grams
7. SaturatedFat: 20 grams
8. Sodium: 2630 milligrams
9. Sugar: 11 grams

10. TransFat: 1 grams

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