

Instant Pot Mexican Rice Casserole

Yield: 8 min
Total Time: 47 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-rice-recipe-long-grain-brown-rice>

Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion medium, chopped
- 1 red bell pepper medium, seeds removed and chopped
- 3 cloves garlic minced
- 29 ounces diced tomatoes
- 4 ounces diced green chiles
- 1 cup vegetable broth
- 1 lime large
- 1 cup long grain brown rice
- 15 ounces black beans rinsed and drained
- 15 ounces pinto beans rinsed and drained
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 cup frozen corn
- 1 cup shredded cheddar cheese
- 1/3 cup chopped cilantro
- 2 green onions sliced
- 1 avocado large, sliced
- tortilla chips for serving, optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 15 milligrams

4. Fat: 12 grams
5. Fiber: 10 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams
8. Sodium: 750 milligrams
9. Sugar: 6 grams

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