

One Skillet Mexican Rice Casserole

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1 pound lean ground beef
- 1 1/2 teaspoons kosher salt divided
- 2 teaspoons chili powder New Mexico
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon fresh ground black pepper
- 15 ounces low sodium black beans rinsed and drained
- 14 1/2 ounces fire roasted tomatoes with garlic
- 15 1/4 ounces niblet corn rinsed and drained, or 1 cup frozen corn
- 4 ounces jalapenos fire roasted diced
- 1 cup jasmine rice
- 2 cups water
- 8 ounces colby jack cheese shredded
- fresh cilantro optional garnish:, chopped

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 85 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 9 grams
8. Sodium: 1220 milligrams
9. Sugar: 3 grams

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