

Mexican Skillet Casserole

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-skillet>

Ingredients:

- 3/4 cup brown rice uncooked, sub white rice if desired
- 2 teaspoons oil
- 2 cloves garlic minced
- 1 red pepper diced, I also added a green pepper
- 1 cup diced onion
- 1 jalapeno minced
- 1 pound ground beef sub ground turkey or chicken if desired
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 cup corn kernels
- 1 cup black beans
- 1 cup Mexican cheese shredded
- 1 cup salsa mild, medium or hot
- avocado for topping, optional

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 95 milligrams
4. Fat: 27 grams
5. Fiber: 7 grams
6. Protein: 36 grams
7. SaturatedFat: 11 grams
8. Sodium: 1170 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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