

# One Pot Mexican Rice Casserole

Yield: 6 min  
Total Time: 35 min

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

## Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1 onion diced
- 1 red bell pepper diced
- 1 zucchini diced
- 1 cup corn kernels frozen, canned or roasted
- 14 1/2 ounces petite diced tomatoes undrained
- 1 cup white rice
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- kosher salt
- freshly ground black pepper
- 1 cup shredded cheddar cheese
- 2 tablespoons cilantro leaves chopped fresh

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 550 milligrams
9. Sugar: 4 grams

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