

Cactus Casserole

Yield: 9 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/cactus-indian-recipe>

Ingredients:

- 2 dried ancho chiles seeds and stems removed
- 3/4 pound cactus paddles or one 15 ounce jar of cactus paddles
- 1 tablespoon canola oil
- 1/2 yellow onion medium, diced
- 3 cloves garlic minced
- 2 cups sour cream
- 1 teaspoon ground cumin
- 1/2 teaspoon oregano ground
- 1/4 teaspoon ground allspice
- 1/4 teaspoon cayenne
- 3 cups cooked rice
- 1 pound jack cheese Monterrey, shredded
- salt to taste

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 70 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 16 grams
8. Sodium: 400 milligrams
9. Sugar: 3 grams

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