

Brown Rice and Black Bean Casserole

Yield: 8 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/brown-rice-and-black-bean-casserole-recipes>

Ingredients:

- 1/3 cup brown rice
- 1 cup vegetable broth
- 1 tablespoon olive oil
- 1/3 cup diced onion
- 1 zucchini medium, thinly sliced
- 2 skinless boneless chicken breast halves cooked, chopped
- 1/2 cup sliced mushrooms
- 1/2 teaspoon cumin
- salt to taste
- ground cayenne pepper to taste
- 15 ounces black beans drained
- 4 ounces chile peppers diced green, drained
- 1/3 cup shredded carrots
- 2 cups shredded swiss cheese

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 13 grams
7. SaturatedFat: 5 grams
8. Sodium: 530 milligrams
9. Sugar: 2 grams

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