

# Mexican Rice & Bean Casserole

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/smoked-sausage-recipe-with-mexican-spices>

## Ingredients:

- 1 cup medium grain brown rice
- 2 tablespoons vegetable base
- 1 tablespoon Mexican spice blend Cumin, Cinnamon & Oregano
- 1 yellow bell pepper
- 1 red bell pepper
- 1 red onion
- 1 avocado
- 1 lime
- 1 bunch cilantro
- 1 can black beans
- 4 corn tortillas
- 2 ounces cheddar cheese

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 79 grams
3. Cholesterol: 15 milligrams
4. Fat: 14 grams
5. Fiber: 16 grams
6. Protein: 18 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 530 milligrams
9. Sugar: 4 grams

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