

Tofu Mexican Rice Casserole

Yield: 6 min
Total Time: 55 min

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

Ingredients:

- 8 ounces sliced mushrooms
- 1 red bell pepper diced
- 1 medium onion diced
- 12 cloves garlic minced
- 14 ounces extra firm tofu drained
- 3 tablespoons olive oil divided
- 5 cups cooked white rice
- 16 ounces enchilada sauce
- 2 limes small
- 1/4 cup chopped cilantro
- 3 tablespoons cumin
- 1 tablespoon chili powder
- 1 teaspoon pepper
- 1 1/2 teaspoons sea salt
- 2/3 cup shredded Mexican cheese for filling
- 1/2 cup shredded Mexican cheese for topping

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 25 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 21 grams
7. SaturatedFat: 7 grams
8. Sodium: 1560 milligrams
9. Sugar: 10 grams

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