



Brown Rice and Black Bean Casserole

 Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup brown rice
- ☐ 15 ounce black beans drained canned
- ☐ 0.3 cup carrots shredded
- ☐ 0.5 teaspoon cumin
- ☐ 4 ounce chile peppers diced green drained canned
- ☐ 8 servings ground pepper to taste
- ☐ 0.5 cup mushrooms sliced
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup onion diced
- ☐ 8 servings salt to taste
- ☐ 2 chicken breast halves boneless skinless cooked chopped
- ☐ 2 cups swiss cheese shredded
- ☐ 1 cup vegetable broth
- ☐ 1 medium zucchini thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Mix the rice and vegetable broth in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 45 minutes, or until rice is tender.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.
- ☐ Heat the olive oil in a skillet over medium heat, and cook the onion until tender.
- ☐ Mix in the zucchini, chicken, and mushrooms. Season with cumin, salt, and ground cayenne pepper. Cook and stir until zucchini is lightly browned and chicken is heated through.
- ☐ In large bowl, mix the cooked rice, onion, zucchini, chicken, mushrooms, beans, chiles, carrots, and 1/2 the Swiss cheese.
- ☐ Transfer to the prepared casserole dish, and sprinkle with remaining cheese.
- ☐ Cover casserole loosely with foil, and bake 30 minutes in the preheated oven. Uncover, and continue baking 10 minutes, or until bubbly and lightly browned.

Nutrition Facts



 **PROTEIN 28.2%**  **FAT 41.29%**  **CARBS 30.51%**

Properties

Glycemic Index:36.07, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:16.182608584995%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 252.43kcal (12.62%), Fat: 11.75g (18.07%), Saturated Fat: 5.5g (34.36%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 14.23g (5.17%), Sugar: 1.73g (1.92%), Cholesterol: 43.19mg (14.4%), Sodium: 661.77mg (28.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.11%), Vitamin A: 2089.04IU (41.78%), Phosphorus: 318.93mg (31.89%), Calcium: 279.69mg (27.97%), Selenium: 18.73µg (26.76%), Manganese: 0.53mg (26.64%), Vitamin B3: 4.29mg (21.45%), Vitamin B6: 0.43mg (21.41%), Fiber: 5.3g (21.21%), Vitamin C: 13.48mg (16.34%), Vitamin B2: 0.25mg (14.84%), Vitamin B12: 0.87µg (14.57%), Magnesium: 56.51mg (14.13%), Folate: 56.53µg (14.13%), Potassium: 477.05mg (13.63%), Zinc: 1.99mg (13.29%), Vitamin B1: 0.16mg (10.63%), Iron: 1.88mg (10.45%), Copper: 0.19mg (9.5%), Vitamin B5: 0.91mg (9.09%), Vitamin E: 1.13mg (7.57%), Vitamin K: 4.88µg (4.65%)