



Southwest Veggie and Rice Casserole



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium bell pepper diced seeded
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 15 ounce canned tomatoes diced with chiles (see chef's tip, below) canned
- ☐ 0.5 tablespoon chili powder
- ☐ 1 cup corn kernels frozen
- ☐ 2 cloves garlic minced
- ☐ 2 spring onion thinly sliced
- ☐ 1 medium jalapeno diced seeded

- ☐ 1 medium onion diced
- ☐ 0.8 teaspoon salt
- ☐ 2 cups sharp cheddar cheese shredded
- ☐ 2 tablespoons vegetable oil
- ☐ 1 medium zucchini sliced quartered

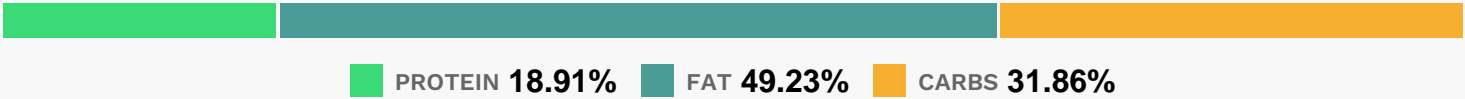
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 375°F. Coat an 8-by-8-inch casserole dish with nonstick cooking spray.
- ☐ In a large skillet, heat the vegetable oil over medium-low heat.
- ☐ Add the onion and garlic and cook for about 5 minutes, or until the onions have softened.
- ☐ Add the jalapeño and bell peppers, zucchini, chili powder, and salt to the skillet and stir to combine. Raise the heat to medium and continue to sauté until the vegetables are soft and no liquid remains on the bottom of the skillet, about 10 minutes.
- ☐ In a large bowl, combine the corn kernels, diced tomatoes and chiles, and black beans.
- ☐ Add the sautéed vegetables, Taco Rice, and shredded cheddar cheese to the bowl and stir until evenly mixed.
- ☐ Pour the rice and vegetable mixture into the prepared casserole dish and bake for 20 minutes.
- ☐ Sprinkle the green onions over the casserole and serve.
- ☐ If you are unable to find canned tomatoes with chiles, you can substitute one 15-ounce can of regular diced tomatoes plus one 4-ounce can mild green chiles.
- ☐ From Budget Bytes: Over 100 Easy, Delicious Recipes to Slash Your Grocery Bill in Half by Beth Moncel. Reprinted by arrangement with Avery, a member of Penguin Group (USA) LLC, A Penguin Random House Company. Copyright © 2014 by Beth Moncel.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:14.679130403892%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 241.96kcal (12.1%), Fat: 13.78g (21.2%), Saturated Fat: 6.1g (38.15%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 13.88g (5.05%), Sugar: 5.35g (5.94%), Cholesterol: 28.25mg (9.42%), Sodium: 731.04mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.91g (23.82%), Vitamin C: 33.97mg (41.18%), Calcium: 250.66mg (25.07%), Fiber: 6.2g (24.78%), Phosphorus: 234.61mg (23.46%), Vitamin A: 1120.8IU (22.42%), Vitamin K: 18.66µg (17.77%), Folate: 70.74µg (17.69%), Manganese: 0.35mg (17.66%), Vitamin B2: 0.28mg (16.63%), Potassium: 509.1mg (14.55%), Selenium: 9.49µg (13.56%), Vitamin B6: 0.26mg (13.23%), Copper: 0.25mg (12.35%), Magnesium: 48.9mg (12.22%), Iron: 2.14mg (11.86%), Zinc: 1.72mg (11.45%), Vitamin E: 1.71mg (11.4%), Vitamin B1: 0.16mg (10.7%), Vitamin B3: 1.57mg (7.86%), Vitamin B5: 0.57mg (5.66%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)