

Mexican Rice and Bean Casserole

1 tsp	vegetable oil
½ cup	water
1	onion, chopped
2 cloves	garlic, minced
1 ½ cups	mushrooms, sliced
2	green peppers, chopped
¾ cup	long-grain rice
1	(19oz/540mL) can kidney beans, drained
1	(28oz/796mL) can tomatoes
1 tbsp	chili powder
2 tsp	cumin
¼ tsp	cayenne pepper
1 cup	shredded low-fat mozzarella cheese

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- ❖ In large skillet, heat oil with water over medium heat. Add onion, garlic, mushrooms and green peppers. Simmer, stirring often, until onion is tender, about 10 minutes.
- ❖ Add rice, beans, tomatoes, chili powder, cumin and cayenne pepper, cover and simmer for about 25 minutes or until rice is tender and most of the liquid is absorbed.
- ❖ Transfer to baking dish and sprinkle with cheese. Bake in 350°F oven for 15 minutes or microwave at high (100%) power for 1 to 2 minutes or until cheese melts. Makes 6 servings.

"The Lighthearted Cookbook" by Anne Lindsay