

Tex-Mex Skillet Rice Casserole



Makes:

10-12 servings

Utensil:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Rate ☆☆☆☆☆

Recipe:

Contributed By:

Ana Perez

[Write a Review](#)

2 lbs
ground beef, lean
(908
g)
2 onions, strung, use Cone #2
4 garlic cloves, shredded, use Cone #1
1 red bell pepper, chopped
1 green bell pepper, chopped
2 (2.5) oz
taco seasoning packages
(71
g)
30 oz
black beans, drained
(850
g)
14.5 oz
diced tomatoes and green chilies
12 oz
frozen corn kernels
(340
g)
1 ½ cups
short grain brown rice
(270
g)
2 ½ cups
vegetable broth
(590
g)
1 tsp
paprika
(2
g)
1 tsp
ground cumin
(2

g)
1 tsp
salt
(6
g)
juice of 1 lime
3 ½ - 4 cups
Colby Jack cheese, shredded, use Cone #2
(395-452
g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled in skillet skitter and dissipate, add ground beef and cook until browned.
2. Add onions, garlic, and bell peppers. Sauté for 3-4 minutes until softened.
3. Add taco seasoning and stir to combine.
4. Add beans, tomatoes, chilies, corn, rice, broth, paprika, cumin, salt and lime juice. Stir to combine and cover.
5. When the Vapo-Valve™ begins to click steadily, reduce heat to low and cook 40-45 minutes until rice is cooked through.
6. Sprinkle cheese over top and cover. Cook for an additional 2-3 minutes to allow cheese to melt.

Nutritional Information per

▼ Serving

Calories: 312
Total Fat: 13g
Saturated Fat: 7g
Cholesterol: 65mg
Sodium: 660mg
Total 33g
Carbs:
Dietary Fiber: 2g
Sugar: 5g
Protein: 20g