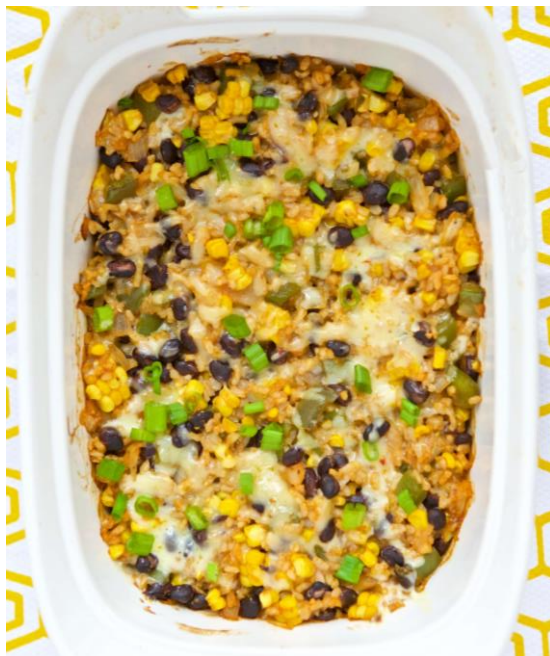


Rice and Bean Casserole

Ingredients:

- ✓ 1 onion, chopped
- ✓ 1 green pepper, chopped
- ✓ 1 ½ tbsp minced garlic
- ✓ 2 cups cooked brown rice
- ✓ 1 can pinto beans
- ✓ 1 can black beans
- ✓ 1 can whole kernel corn
- ✓ 1 cup broth (chicken or veg)
- ✓ 2 tbsp tomato paste
- ✓ ½ tsp pepper
- ✓ ½ tsp salt
- ✓ 1 tsp basil
- ✓ 1 tsp red pepper flakes
- ✓ 1 cup pepperjack, shredded



Total Time: 40 minutes Servings: 6

Directions:

1. Cook onions, peppers, and garlic over medium heat until softened. Add tomato paste. Mix until incorporated and cook 2 more minutes.
2. Mix all ingredients, except cheese, together in a large mixing bowl.
3. Fold in cheese
4. Cook in a greased 9x13 pan at 375°F for 25 minutes.
5. Serve with hot sauce.