

*Making it delicious*

# Taco Rice Casserole



## Ingredients

- 2-3 cups cooked rice
- 1 lb. ground beef or turkey\*
- 1 onion, diced
- 1 zucchini, shredded
- 15 oz. diced tomatoes
- 1 can black beans
- 1 cup corn
- 2 Tbsp. taco seasoning (see below)
- 3 c. spinach, chopped (opt.)
- 1 ½ cups shredded cheese

\*Or 3 cups cooked lentils, black beans, or kidney beans



*Recipe adapted from [www.eatingonadime.com](http://www.eatingonadime.com) "Easy Taco Casserole"*

## Instructions

- Preheat oven to 350° F.
- Brown the ground beef in a large skillet. Drain the grease. Add the onion and zucchini; cook until soft.
- Drain and rinse the beans. Add the beans, diced tomatoes (with the juice), corn, and the taco seasoning. Stir in the spinach and heat through until wilted.
- Spread the cooked rice along the bottom of a 9"x13" baking dish. Spread the meat and vegetable mixture over the rice. Top evenly with cheese.
- Bake for 20 minutes, or until heated through and the cheese is melted.

### **Taco Seasoning Recipe (makes about 1 cup):**

- 4 Tbsp. Chili powder
- 2 Tbsp. each: cumin & paprika
- 1 Tbsp. each: onion powder, garlic powder, & oregano
- 1 tsp. each: salt & black pepper