

Mexican Rice and Bean Bake

▼ 6 servings

Prep: 10 min

Bake: 35 min

Stand: 5 min

1 Serving: Calories 260
(Calories from Fat 90)
Fat 10g (Saturated 5g)
Cholesterol 70mg
Sodium 700mg
Carbohydrate 35g
(Dietary Fiber 7g)
Protein 14g

2 cups cooked brown or white rice

2 eggs

1 1/2 cups picante sauce or salsa

1 cup shredded Cheddar cheese (4 ounces)

1 can (15 to 16 ounces) pinto beans, drained

1/4 teaspoon chili powder

1. Heat oven to 350°. Grease square baking dish, 8 x 8 x 2 inches.
2. Mix rice, eggs, 1/2 cup of the picante sauce and 1/2 cup of the cheese; press in bottom of baking dish.
3. Mix beans and remaining 1 cup picante sauce; spoon over rice mixture. Sprinkle with remaining 1/2 cup cheese and the chili powder.
4. Bake uncovered 30 to 35 minutes or until cheese is melted and bubbly. Let stand 5 minutes before serving.

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