

Taco Rice Casserole

Serves: 6

Ingredients:

- 2 lbs. ground beef
- 1 onion chopped
- 1 zucchini shredded
- 2 cups corn
- 2 cans black beans (drained)
- 2 cans diced tomatoes with green chilies
- 1 package taco seasoning
- Salt
- 4 cups cooked rice
- Handfuls of shredded cheese
- 2 9x13 pans

Instructions:

- First brown your ground turkey. Add in chopped onions and zucchini (this is optional but adds nutritional value and flavor) and cook until soft.
- Stir in Taco seasoning.
- Add corn, tomatoes and beans.
- Spray 2 9x13 pans with non-stick spray. Spoon 2 cups of rice into the bottom of each pan, spreading it out evenly.
- Spoon the meat mixture over the rice.
- Top with the shredded cheese.
- If you want to eat it right away:
Bake covered at 350 degrees for about 25 minutes until cooked through.
- If you want to freeze it:
Cover with foil and label. To reheat, let thaw overnight in fridge. Bake at 350 degrees for 45 minutes covered with the foil. Then remove foil and cook until the top is nice and brown.