



VEGETABLE ENCHILADA RICE BAKE

QUICK INFORMATION

TIME

1 HR 15 MIN

SERVES

6

CALORIES

300

GLUTEN FREE

RECIPE

VEGETARIAN

RECIPE

INGREDIENTS

Ingredients:

3 cup of cooked Lundberg Family Farms Long Grain Brown Rice

2 teaspoon olive oil

1/2 onion, sliced

1 orange bell pepper, sliced into strips

1 yellow bell pepper, sliced into strips

1 zucchini, diced

1 ear white corn, removed from cob

1 cup black beans, rinsed

Salt & Pepper, to taste

1 cup grated cheddar cheese

1 lime, cut into wedges

Cilantro, chopped

Sauce:

½ onion sliced

2 teaspoon olive oil

¼ teaspoon ground cumin

¼ teaspoon dried oregano

4 tablespoons tomato paste

4 cloves minced garlic

2 chipotle peppers, minced

NUTRITIONAL FACTS

Serving Size: 216g

AMOUNT PER SERVING

Calories 300 Calories from Fat 100

Total Fat 11g
 Saturated Fat 4.5g
 Trans Fat 0g

Cholesterol 20mg

Sodium 560mg

Total Carbohydrate 41g
 Dietary Fiber 6g
 Sugars 5g

Protein 11g

1 jalapeno, halved and sliced

1 ½ cup water

Salt, to taste

PREPARATION

Prepare sauce by heating a medium sized deep skillet over medium high heat, saute onion in olive oil until slightly charred on the edges.

Season onions with, salt, cumin and oregano, saute for another 30 seconds. Add tomato paste and cook for another minute.

Add garlic and jalapenos saute for about one minute (or until fragrant).

Add water, stir until combined and simmer for 5-10 minutes until slightly thickened.

Use an immersion blender or regular blender to blend until fairly smooth. Season with salt and transfer to a bowl

In the same skillet heat remaining 2 teaspoon of oil and saute onions over medium heat until softened about 5 minutes. Season with salt and pepper.

Add bell peppers and zucchini, season with salt and pepper, continue to cook until all vegetables are tender.

Add the corn and the black beans and cook until warmed through.

Add rice and sauce to the skillet, mix until thoroughly combined.

Spread mixture into an even layer in the skillet and top with grated cheese, cover pan and cook for another 5 minutes or until cheese is melted.

Serve with cilantro and lime.

Enjoy!