




# MEXICAN RICE ROLL-UP

## QUICK INFORMATION

**TIME**  
  
**1 HR 30 MINS**

**SERVES**  
  
**9-10**

**CALORIES**  
  
**230**

**GLUTEN FREE**  
  
**RECIPE**

**VEGETARIAN**  
  
**RECIPE**

### INGREDIENTS

- 1 Tbsp. olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1½ cup Lundberg Family Farms® Brown Long Grain Rice
- 1 (14.5oz) can tomatoes with jalapeños, undrained
- 2 (15 oz) cans pinto beans, drained
- 2 (7 oz) cans chopped green chilies, undrained
- 2½ cups water
- ⅓-¼ tsp. dried red pepper flakes (optional)
- 2 cups shredded Monterey Jack or Pepper Jack cheese, divided

### NUTRITIONAL FACTS

Serving Size: 1 cup

#### AMOUNT PER SERVING

**Calories** 230      Calories from Fat 70

**Total Fat** 8g  
 Saturated Fat 8g  
 Trans Fat 0g

**Cholesterol** 15mg

**Sodium** 530mg

**Total Carbohydrates** 32g  
 Fiber 6g  
 Sugar 3g

**Protein** 10g

### PREPARATION

Preheat oven to 350°F. Butter a 9 X 13-inch baking dish.

Heat olive oil in a large skillet over medium heat and add onions and garlic; cook for 4-5 minutes until onions are translucent. Transfer into a large bowl. Stir in Lundberg Long Grain Brown Rice, tomatoes, beans, and green chilies. Heat water to boiling and stir into rice/bean mixture; pour into baking dish. Stir in one cup grated cheese. Cover with aluminum foil. Bake for 65-70 minutes or until rice is tender. (If rice is tender but excess water remains, remove foil and cook 5 more minutes.) Just before serving sprinkle with reserved grated cheese. Return to oven until cheese is melted.

Serve with warm tortillas, sour cream, sliced green onions, cilantro, and salsa.