



One Skillet Bean & Rice Casserole

Ingredients

- 1 small onion, diced
- 1 tablespoon avocado oil
- 1 garlic clove, finely minced
- 2 teaspoons ground cumin
- 1 heaping teaspoon nutritional yeast
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 teaspoon dried oregano
- 1 bell pepper, diced
- 1 (4 ounce) can diced green chilies
- 1 cup corn kernels (canned, fresh, or frozen – be sure to defrost if using frozen)
- 1 (15 ounce) can beans, drained and rinsed
- 12-15 ounces salsa (homemade or store bought)
- 1.5 cups **cooked** brown rice – use frozen to save time!
*use other whole grains in place of rice such as quinoa, farro, etc.

Topping options: Jalapenos, guacamole/avocado, hot sauce, fresh cilantro, pico de gallo or fresh tomatoes

Instructions:

1. Warm a medium sized skillet over medium heat. Add chopped onion, add a pinch of salt and cook for 3 minutes.
2. Add cumin, nutritional yeast, chili powder, oregano, pinch of salt and stir together, making sure all of the onions are coated in the spices. Cook for another 2 minutes.
3. Add chopped bell peppers, green chilies, stir and cook 3 minutes. Add beans, salsa, corn, rice, garlic, stir well.
4. Cook another 5 minutes, until everything is warmed through.
5. Serve with toppings of choice and enjoy!