



Vegetarian Mexican Skillet

If you are slowly looking to cut meat out of your diet, this recipe is a great place to start! With all of the flavor beautifully melding together in this Skillet Mexican Brown Rice Casserole recipe, you won't even notice there is any meat missing!

Ingredients:

- 3 tbsp olive oil
- 1 small red onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium jalapeno, seeded and diced (if you want extra heat, keep the seeds in!)
- 1 ½ cups frozen corn kernels
- 1 tsp cumin
- 1 tsp smoked paprika
- Pinch of cinnamon
- ½ tsp salt, or to taste
- Cayenne pepper, to taste
- 1 tbsp tomato paste
- 1 cup quick cook brown rice*
- 1 (14 oz) can fire-roasted diced tomatoes, drained well
- 1 (15 oz) can black beans, drained and rinsed
- 2 ½ cups chicken broth
- 1-2 cups shredded regular or dairy-free cheddar cheese
- Chopped fresh cilantro, for garnish

Directions:

- Place a large skillet over medium heat and add the olive oil. When the olive oil is heated (should look runny, like water), add in the onion and cook for about 2-3 minutes, until it starts to become translucent and soft.
- Add in the pepper, jalapeno, corn, cumin, paprika, cinnamon, salt, and cayenne. Cook for about 5 minutes, until the veggies are all tender. Add in the tomato paste and brown rice. Cook for 1 to 2 minutes, stirring almost constantly.
- Add in the drained tomatoes, black beans and veggie broth. Give the mixture a good stir, then bring to a boil. Turn down the heat, cover and let simmer for about 10 to 15 minutes (or according to the time on the package directions for the rice), until almost all of the broth has been absorbed by the rice (and rice is tender).
- Remove the cover and sprinkle the cheese over the top (use the lower or higher amount depending on how cheesy you want it). Recover and cook for about 1 to 2 minutes until the cheese is melted.
- Garnish with cilantro before serving.

“Today is your opportunity to build the tomorrow you want.”

