



Mexican Beef and Rice Casserole

Savannah · 28/09/2024



Prep Time

1 hr 25 mins

Difficult

Medium

Servings

8

Description

This Mexican casserole with beef and rice is a super easy recipe for family dinner. Garnish with your favorite toppings I like to top with shredded lettuce and chopped cilantro. More shredded cheese is always good too.

Ingredients

- - nonstick cooking spray - 1 pound ground beef - 1 yellow onion
- diced - 2 cloves garlic
- minced - 1 tablespoon taco seasoning - 1 (15 ounce) can black beans
- drained - 1 (14 ounce) can fire-roasted diced tomatoes - 1 bunch fresh spinach
- trimmed and coarsely chopped - 2 cups low-sodium chicken broth - 2 cups shredded Mexican cheese blend
- divided - 1 cup long-grain rice - 1 cup mild
- medium
- or hot red salsa

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Spray a 9x13-inch casserole dish with cooking spray. Heat a large skillet over medium-high heat. Add ground beef and start to brown
2. then add onion
3. garlic
4. and taco seasoning. Cook until beef is no longer pink
5. 5 to 7 minutes. Drain and discard any excess oil. Add beans
6. tomatoes
7. spinach
8. chicken broth
9. 1 cup Mexican blend cheese
10. rice
11. and salsa. Pour into the prepared casserole dish. Bake in the preheated oven until rice is cooked
12. 45 to 50 minutes. Take out of the oven
13. sprinkle with remaining cheese
14. and bake until cheese is melted
15. about 10 minutes more.