

# Mexican Casserole

Preparation time	<b>5 minutes</b>
Cooking time	<b>65 minutes</b>
Servings	<b>8</b>
Cost per serving	<b>\$2.21</b>
Storage	<b>3 days in the fridge. Can be frozen.</b>
Kitchen tools	<b>Measuring cups and spoons, cutting board, sharp knife, 9 x 13-inch baking dish, can opener, large pot, colander, grater, wooden spoon, aluminum foil</b>



## Ingredients



15 ml (1 tbsp)  
**canola oil**



1 large or 2 small **yellow onions**, peeled and chopped

*OR GROUND CHICKEN OR PORK*



500 g (1 lb)  
**ground turkey**



30 ml (2 tbsp)  
**chili powder**



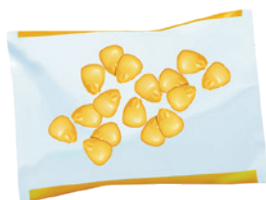
**Salt, pepper and Tabasco-style hot sauce**, to taste



1 can (796 ml)  
**diced tomatoes**



1 can (540 ml)  
**black beans**, drained and rinsed



250 ml (1 cup)  
**frozen corn nibs**

*OR WATER, IF YOU DON'T HAVE ANY BROTH*



250 ml (1 cup)  
**chicken broth**

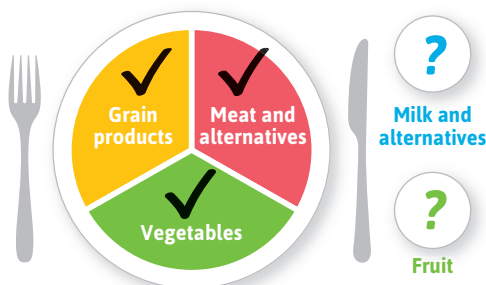


250 ml (1 cup)  
**uncooked rice**



500 ml (2 cups)  
grated **cheddar cheese**  
(divided: 250 ml [1 cup] + 250 ml [1 cup])

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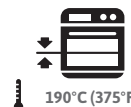
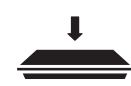







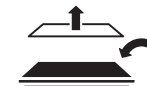

## Balanced plate

Serve with:

? Vegetables (salad or cooked vegetables, for example) to round out the serving, and a fruit

? A glass of milk or fortified soy beverage

# Directions

1	Place oven rack in the middle position and preheat the oven to 190°C (375°F). Oil a 9 x 13-inch baking dish.	 
2	Heat the <b>oil</b> in a large pot over medium-high heat. Add the <b>onions</b> and <b>ground turkey</b> and cook about 5 minutes, or until the turkey starts to brown.	
3	Add the <b>chili powder, salt, pepper</b> and <b>hot sauce</b> . Mix.	
4	Add the <b>diced tomatoes, black beans, corn, chicken broth, rice</b> and <b>250 ml (1 cup)</b> of <b>cheddar cheese</b> . Mix.	
5	Pour the mixture into the baking dish and cover with aluminum foil so that the top does not brown.	  
6	Bake 50 minutes. <b>Tip:</b> Use the cooking time to prepare your side dishes.	
7	Remove from the oven, remove the aluminum foil and garnish with the remaining <b>cheddar cheese</b> .	
8	Return to the oven for 5 minutes or until the cheese has melted.	

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition