

Mexican Casserole

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



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



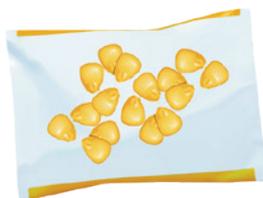
Salt, pepper and Tabasco-style hot sauce, to taste



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

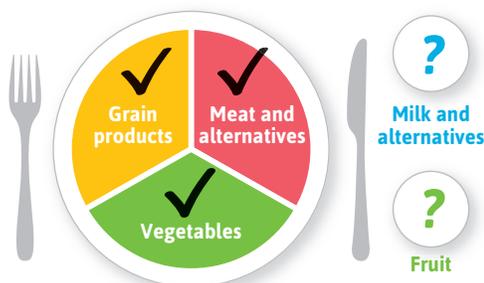


250 ml (1 cup)
uncooked rice



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

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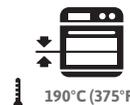
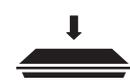
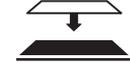
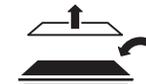
Balanced plate

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 oil in a large pot over medium-high heat. Add the onions and ground turkey and cook about 5 minutes, or until the turkey starts to brown.	
3	Add the chili powder, salt, pepper and hot sauce . Mix.	
4	Add the diced tomatoes, black beans, corn, chicken broth, rice and 250 ml (1 cup) of cheddar cheese . 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. Tip: Use the cooking time to prepare your side dishes.	
7	Remove from the oven, remove the aluminum foil and garnish with the remaining cheddar cheese .	
8	Return to the oven for 5 minutes or until the cheese has melted.	

My rating: ★ ★ ★

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