

Brown Rice and Black Bean Enchilada Casserole

Ingredients:

5 cups brown rice, cooked

1 can black beans, drained

1 cup corn

2 cups chopped vegetables

1 cup onion, diced

(1) 12 oz. bottle enchilada sauce

1/2 cup low-fat shredded cheese

Directions:

Preheat oven to 375°F. Mix all ingredients in a large mixing bowl, except for cheese. Pour mixture into a baking dish. Bake for 20 minutes. Remove dish from oven and sprinkle with shredded cheese. Bake for another 10 minutes or until cheese is melted and serve.

Source: www.ACEfit.com