

Mexican Steak and Rice Casserole

Preparation time: 10 minutes

Cooking time: 40 minutes

Yield: 8 servings

These days just about everybody loves Mexican-style cooking, and because it is quick and easy to do, I think cooks love it most of all.

- 2 tablespoons extra virgin olive oil
- 16 ounces beef sirloin steak, cut into ½" cubes
- 1/2 cup chopped onions
- 3 tablespoons taco seasoning
- 1-1/2 cups instant rice, uncooked
- 3 cups water
- 1 – 15 ounce can red kidney beans, drained and rinsed
- 1 – 14.5 ounce can diced canned tomatoes
- 1 – 15 ounce can whole kernel corn, drained
- 1/4 teaspoon chili powder
- 1/4 cup ground flaxseed
- 1/4 cup reduced fat cheddar cheese, shredded

1. Preheat oven to 350 F and coat 2 quart casserole dish with non-stick spray.
2. Pour olive oil into a large saucepan and place over high heat.
3. Add beef cubes, turning them so that they brown evenly, about 4 minutes (2 minutes each side). During the last couple of minutes, add the chopped onions, so that they'll cook without crisping.
4. Add taco seasoning, rice, and water. When the mixture comes to a boil, cover skillet and reduce heat to simmer. Cook about 15 minutes, or until the rice is tender.
5. Remove rice and beef mixture from heat and stir in the kidney beans, tomatoes, chili powder, corn, and flaxseed. Pour into casserole dish and top with the shredded cheese.
6. Bake uncovered for 20 minutes, 350 F, or until cheese topping is melted.

Nutrition Information Per Serving

Calories 401	Fat 14 g	Fiber 6 g
Carbohydrates 48 g	Omega-3 Fats 1156 mg	Calcium 61 mg
Protein 19 g	Cholesterol 38 mg	Sodium 594 mg
