



Taco Casserole

INGREDIENTS

- 1 cup instant brown rice, dry
- 1 pound ground turkey breast
- 1 onion
- 1 zucchini
- 1 can corn, drained and rinsed
- 2 cans black beans, drained and rinsed
- 2 cans Rotel (or other brand tomatoes with green chilies)
- 1/2 packet taco seasoning (6 tsp)
- salt and pepper to taste
- Optional: cheese, salsa, avocado, etc.

NUTRITIONAL FACTS

SERVES: 6

AMOUNT PER SERVING:

- **Calories 339**
- **Total Fat 2 g**
- **Saturated Fat 0 g**
- **Cholesterol 47 mg**
- **Sodium 1270 mg**
- **Carbohydrate 53 g**
- **Dietary Fiber 10 g**
- **Sugars 11 g**
- **Protein 31 g**

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Cook rice according to box instructions.
3. Dice onion and zucchini.
4. Rinse and drain corn and black beans.
5. Spray skillet with cooking spray and saute onion and zucchini for about 3 minutes.
6. Add ground turkey breast and cook until cooked through and no longer pink.
7. Add 1/2 packet taco seasoning and stir until well mixed.
8. Add corn, black beans, and tomatoes with green chilies. Stir to combine.
9. Pour rice into prepared 13x9 casserole dish.
10. Top with ground turkey/vegetable mixture.
11. Bake in preheated 350-degree oven for approximately 30 minutes.
12. Cut into 6 squares for meal prep.
13. Top with optional ingredients.

This recipe can be found at <https://planningushealthy.com/taco-casserole>

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