

Mexican Rice Casserole:

Ingredients:

1 Tbsp canola oil
2 cloves garlic, finely chopped
1/2 medium onion, chopped
2 c. long grain rice
1 x 14.5 oz. can of whole tomatoes
1/2 10oz. can diced tomatoes and green chilies
1/2 tsp cumin
1/2 tsp kosher salt
1/2 tsp. ground black pepper
1/4 tsp cayenne
1/8 tsp. tumeric
3-4 c. low sodium veg or chicken broth
3/4 c. grated cheddar cheese
Chopped fresh cilantro (optional)

Preheat oven to 350F. Heat oil in oven proof dutch oven; add garlic and onion, cook 3-4 minutes. Reduce heat to low and add rice. Stir constantly making sure rice doesn't burn. Cook over low heat for 3-4 minutes.

Add whole tomatoes, diced tomatoes, cumin, salt, pepper, cayenne, and tumeric. Stir to combine. Let cook about 2 minutes. Add vegetable broth and stir mixture together. Bring to a boil, reduce heat to low, cover and simmer until rice not quite done, about 10-15 minutes.

Top with cheese and bake with lid off until cheese melts and rice is fully cooked, about 15 minutes. Serve with chopped cilantro if using.