

Recipe Name: Mexican Brown Rice and Quinoa Casserole Recipe

Diet Type:

Course: Dinner

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cup Quinoa	4
• 3/4 cup Brown Rice	
• 1 tablespoon Extra Virgin Olive Oil	
• 3 cloves Garlic - minced	
• 1-2 Green Chillies - finely chopped	
• 1-1/2 cup Vegetable stock	
• 1 cup Rajma (Large Kidney Beans) - (or any beans) overnight soaked and cooked	
• 1 Green Bell Pepper (Capsicum) - finely chopped	
• 1 Orange Bell pepper (Capsicum) - finely chopped	
• 2 Tomatoes - diced	
• 1 Avocado - halved	
• 1 teaspoon Red Chilli powder	
• 1 Lemon - juiced	
• Coriander (Dhania) Leaves - small bunch	

Preparation

- To begin making the the Mexican Brown Rice and Quinoa Casserole, first clean, wash and soak the brown rice in water for about 15 to 20 minutes.
- Once soaked drain the soaked rice in a colander and keep the rice aside.
- Next heat olive oil in a large skillet over medium high heat.
- Add chopped garlic and green chilies and saute for a few seconds.
- Add the chopped bell peppers, sprinkle some salt and stir fry on medium heat until the peppers have slightly softened.
- Once cooked, add in the chopped tomatoes and the cooked beans and cook until the tomatoes soften.
- Add the drained rice along with quinoa, chili powder and cumin powder to the onion tomato mixture.



- Stir to combine and saute for few minutes.
- Add the hot vegetable stock, stir and season with salt and black pepper to taste.
- Once it comes to a brisk boil, cover with the lid, reduce heat and cook until rice is cooked through and all the water is absorbed.
- Turn off the heat at this stage and allow the rice to rest for about 5 minutes.
- After 5 minutes, open the lid and fluff the rice and quinoa with the a fork.
- Stir in the avocados, lemon juice and chopped coriander.
- Check the spice levels and adjust to suit your taste.
- Transfer the casserole to a serving dish and serve warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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