

Chorizo & Rice Casserole

INGREDIENTS

- 1lb chorizo
- 1TBS ghee (or cooking fat of choice)
- 1/2C broccoli, chopped
- 1 red pepper, diced
- 1 green pepper, diced
- 1 white onion, chopped
- 2C wild rice blend, cooked
- 1/3C black beans, cooked
- 2-3TBS black olives, sliced
- Shredded Mexican cheese
- Shredded lettuce
- Sliced jalapeno
- 6-8 cherry tomatoes, sliced
- 1-2TBS cilantro, chopped

1. Preheat oven to 350°F.
2. Heat ghee in large saute pan over medium heat so that it melts and coats the entire pan.
3. Add chorizo and begin to brown meat.
4. Once meat is about half-way cooked (approximately 7-10 minutes) begin to add broccoli, peppers, and onion and saute for another few minutes until veggies begin to sweat.
5. Once veggies soften, add rice, beans, and olives and mix well.
6. Remove from heat and transfer everything to a large baking dish topped with cheese.
7. Bake for about 6-8 minutes until cheese melts. Remove from oven and add shredded lettuce, cilantro, tomatoes, and sliced jalapeno.