

Mexican Fiesta Casserole

Ingredients:

Orzo pasta	1½ cups
Vegetable oil	1 teaspoon
Onion, chopped	1 small
Chili powder	1 Tablespoon
Garlic powder	½ teaspoon (or 2 cloves garlic, finely chopped)
Cumin	¼ teaspoon
Oregano	½ teaspoon
Diced tomatoes, drained	1 can (796 mL)
Corn, drained	1 can (341 mL)
Black beans, drained and rinsed	1 can (540 mL)
Cheese, grated	1 cup



Directions:

1. Preheat oven to 350°F.
2. In a large pot of boiling water, add orzo pasta and cook for about 4 minutes, or until pasta is tender. Drain and set aside.
3. In a large frying pan, over medium heat, add vegetable oil and onion. Cook for 3-5 minutes, until onion is soft.
4. Add chili powder, garlic powder, cumin, oregano, diced tomatoes, corn and black beans to the frying pan and mix together. Mix in the cooked orzo pasta.
5. Pour the mixture into the bottom of a large casserole dish. Sprinkle grated cheese over top. Bake in oven, uncovered, for 30 minutes.

Serves 6

Tips:

- Pre-shredded cheese is expensive. Buy a block of cheese instead and shred it with a cheese grater
- You can add 0.25 kg (1/2 lb) ground meat to this recipe. Add to frying pan with onion in step 3, and cook for about 5 minutes, until meat is completely cooked.

