

Mexican Fiesta Casserole

Ingredients:

Orzo pasta	1½ cups
Ground meat (beef, chicken or turkey)	0.25 kg (or 0.5 pound)
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	¾ 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 ground meat, onion, chili powder, garlic powder, cumin and oregano. Use a fork or spoon to break up the meat while cooking. Cook until ground meat has no pink showing. Drain fat.
4. Add tomatoes, corn and black beans to the frying pan and mix together.
5. Spread the cooked orzo pasta on the bottom of a casserole dish. Pour the meat mixture over top of the pasta. Sprinkle grated cheese over top of meat mixture. Bake in oven, uncovered, for 30 minutes.

Serves 6

Tip: Buying pre-shredded cheese at the store is expensive. Buy a block of cheese instead and shred it with a cheese grater to save money.