



# Bean, Rice, and Cheese Casserole

*This delicious recipe is vegetarian friendly and packs all four food groups into one casserole. It's also a great recipe to use up any extra vegetables lying around in your crisper drawer before they spoil. Any leftovers can be re-heated and enjoyed for lunch or dinner the following day, or frozen for a quick and easy meal at a later date.*

**Prep: 15 minutes • Total: 40 minutes**

## Ingredients:

Olive oil	1 Tbsp	15 mL
Onion, chopped	1 small	1 small
Garlic, minced	1 clove	1 clove
Brown rice, uncooked	1 cup	250 mL
Green lentils, washed	½ cup	125 mL
Canned chickpeas, drained & rinsed	1 cup	250 mL
Carrots, shredded or diced	1 cup	250 mL
Green pepper, diced	1 cup	250 mL
Red pepper, diced	1 cup	250 mL
Vegetable stock or water	3 cups	750 mL
Each salt and pepper	½ tsp	2 mL
Chopped fresh parsley	2 Tbsp	30 mL
Dried dillweed	1 tsp	5 mL
Crumbled feta cheese	½ cup	125 mL
Grated cheddar cheese, low fat	¾ cup	175 mL

## Directions:

1. In a medium sauce pan, heat oil over medium heat. Add onion and cook about 5 minutes; stir in garlic and cook another 2-3 minutes stirring frequently.
2. Stir rice, lentils, red, and green pepper into saucepan; cook 2 minutes.
3. Add chickpeas and water, bring to boil, lower heat, cover and cook gently 20-25 minutes or until rice and lentils are tender.
4. Stir in remaining ingredients, setting aside 60 mL cheddar cheese.
5. Place in glass casserole dish and sprinkle with remaining cheddar.
6. Broil until cheese bubbles and browns lightly.

## Nutrition Facts

Serving Size (263g)

Servings Per Container

Amount Per Serving

**Calories 210**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 3.5g      **18%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 450mg**      **19%**

**Total Carbohydrate 26g**      **9%**

Dietary Fiber 4g      **16%**

Sugars 4g

**Protein 9g**

Vitamin A 60%      •      Vitamin C 70%

Calcium 20%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: Brescia University College  
Food Science 232 Cookbook*

**Makes 8 servings (263 g / serving) • 1 serving = ¾ cup**

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