

Mexican Casserole

Ingredients:

- 1 lb 85% Ground Beef
- 1 cup uncooked Brown Rice
- 1 tsp Celtic Sea Salt
- ½ tsp Pepper
- 1 cup fresh Salsa
- 1 can Black Beans (drained)
- Full fat Natural Sour Cream
- Shredded cheddar cheese

Directions:

Cook brown rice according to the package. This will take about 40 minutes. Brown beef with the salt and pepper. Do not drain the fat. In ungreased 9x12 baking dish add beef, cooked rice, salsa and beans. Cover with tinfoil and bake at 350 for 30 minutes. Top with sour cream and cheddar cheese.