

Rice Hot Dish

Adapted from St. Louis Parish Family cookbook

1¼ cup brown rice (or more if your casserole dish can hold more)
2½ cup water
1 tbl olive oil
½ tsp paprika
¼ tsp dry mustard
¼ tsp thyme
¼ tsp ground red pepper
½ tsp ground black pepper
½ tsp oregano
½ tsp salt
1 tbl olive oil
¾ cup diced onion
¾ cup diced red, yellow or green pepper
14 - 16 oz. can of no salt diced tomatoes
1 cup shredded cheese (we use low fat mexican cheese mix)
1 cup corn flake crumbs
2 tbl melted butter

Bring rice, olive oil and water to a boil, then simmer until all water absorbed (about 45 minutes). While rice is cooking, mix the spices together and set aside. The spices will be added to the rice.

While rice is cooking, saute the remaining olive oil, diced onion, and diced pepper about 5 - 10 minutes until onions are translucent and shiny. Add no salt diced tomatoes and cook another 5 - 10 minutes.

Pre-heat oven to 350°. Mix the spices into the cooked rice.

Spray a deep casserole dish with Pam, scoop half of seasoned rice into casserole dish, pat it flat. Sprinkle ½ cup cheese over rice. Top with half of the tomato mixture. Top with rest of rice, cheese and tomato. Melt the butter and stir in the cornflake crumbs. Mix well until all butter is absorbed and the mixture is kind of crumbly. Cover the top of the casserole with the crumb mixture.

Bake uncovered for 45 minutes at 350°.