

## Cheesy Kidney Bean & Brown Rice Bake



**Serving Size: 6**

### Ingredients:

- 1/2 red onion, chopped
- 1/2 red pepper, chopped
- 1/2 tbsp olive oil
- 1 tbsp chili powder
- sea salt and pepper to taste
- 1 1/2 cups cooked brown rice
- 1 can kidney beans, rinsed and drained
- 3/4 cup milk
- 2 eggs, beaten
- 1 1/2 cups plus 1/4 cup cheese, shredded
- 1 tsp. cayenne pepper (optional)
- 1 tbsp chili flakes (optional)

### Instructions:

1. Preheat the oven to 375 degrees F.
2. Heat olive oil in a small skillet over medium heat.
3. Add in onion, peppers sea salt and pepper and sauté until soft, about 5 minutes.
4. Stir in chili powder, turn off heat, and set aside.
5. Combine cooked rice, beaten eggs, milk, beans, 1 1/2 cups of cheese and cayenne pepper in a large mixing bowl and stir well.
6. Stir in cooked veggies into the mixing bowl.
7. Pour into baking dish and sprinkle with remaining 1/4 cup of cheese and chili flakes.
8. Bake for 35 minutes, and then broil for 2 minutes so the cheese on top becomes browned.
9. Let stand for 5 minutes and serve.