



## Brown Rice with Black Beans & Cheese

*6-8 servings*

### Ingredients

- 2 ½ cups already cooked brown rice (I do mine in the pressure cooker)
- 2 tablespoon good olive oil
- 2 brown-skinned onions peeled, cut in half, and thinly sliced
- 2 cloves garlic, minced
- 2 eggs
- 1 ½ cups 2 % milk
- 2 teaspoons dry mustard
- ⅛ teaspoon of freshly grated nutmeg
- 1 teaspoon sea salt
- 1 cup grated sharp cheddar cheese
- 1 cup grated Gruyère or Swiss cheese
- 1 cup grated Parmigiano-Reggiano cheese
- 1 15-ounce can black beans rinsed and drained or 2 cups home-cooked black beans, drained. You could use pinto or kidney beans as well.

### Instructions

In a large skillet, add olive oil to the pan over medium heat. Sauté onions and garlic, stirring occasionally, until onions are barely browned.

In a large bowl, whisk eggs. Stir in milk. Add dry mustard, nutmeg, salt. Mix the cheeses together but save ½ cup to sprinkle on top of the casserole.

Add cheese, onions, rice, and beans to the liquids and mix together.

Grease a 9x9 casserole pan with olive oil. Turn the rice, cheese, and bean mixture into the pan. Sprinkle ½ cup of cheese on top.

Bake at 375F for 40 minutes. Let it cool for about 10 minutes before cutting into squares and serving.

Cook's note: As long as you are messing up the kitchen, I think it is good to make a double batch of this! The original recipe says to use whatever cheese you have on hand. Colby, Monterey Jack, Fontina, Mild Cheddar, Pepper Jack are all fine.