



VEGETARIAN BROWN RICE CASSEROLE

Ingredients

For 2 people

1 can ready-to-serve lentil soup

130g cooked brown rice

1 can unsalted mixed vegetables

1 large canned roasted red pepper

70g shredded sharp Cheddar cheese

Steps

- 1.** Combine soup, cooked rice, mixed vegetables, peppers and 6 tablespoons of the cheddar cheese in a 2-quart, microwave-safe casserole or baking dish. Season with salt and pepper to taste, and level the top of the mixture. Sprinkle with the remaining 2 tablespoons of cheddar cheese.
- 2.** Cover and cook in a microwave oven at full power until heated through and the cheese has melted (about 5 minutes).
- 3.** Uncover and cool for 1 minute before serving.