

Cheesy Corn and Rice Casserole

Ingredients:

1 package Wellness Forum Health **Brown Rice Vegetable Soup Mix** prepared with 4 cups water instead of 8 cups of water. (prepare the soup in a 2 quart pan with a tight fitting lid)

1 package Wellness Forum Health **Delightfully Not Cheese Sauce** prepared according to package instructions

1 large red bell pepper, diced

1/2 cup fresh basil, finely chopped

2-10 ounce packages frozen corn thawed and drained

Directions:

1. Preheat oven to 350 degrees
2. Sauté the red pepper in a large saucepan over medium heat for 8 minutes until tender.
3. Add the remaining ingredients to the pan with the cooked pepper and mix well.
4. Lightly spray a 9x13 - inch baking pan with oil and pour the casserole into the pan. Spread evenly and bake for 30-35 minutes, until bubbly and starting to brown on top.