

[The Easiest Healthy Burrito Bake \(Gluten-Free\)](#)  
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Prep Time: 5 mins

Cook Time: 20 mins

Total Time: 25 mins

Yield: Serves 4

### INGREDIENTS

1 lb. grass-fed beef (or sub another ground meat)  
2 cup cooked rice or "grain" of choose (I used a chick pea lentil rice from trader joe's and have used basmati rice...anything works)  
1 cup chunky salsa  
1/2 cup corn from a can  
1/2 cup black beans from a can  
1/4 cup Tessemae's ranch or avocado ranch (plus more to drizzle)  
1 cup shredded cheese of choice or non-dairy cheese  
Avocado for topping if desired

### INSTRUCTIONS

1. Begin making the beef by greasing a [cast iron skillet](#) (or oven-friendly skillet) with avocado oil and add beef
2. Mash with a fork or wooden spoon to break into crumbles and cook over medium heat until brown
3. While beef cooks, preheat oven to 375 degrees
4. Once the beef is finished, add in the rice, beans, corn, ranch and salsa and mix well
5. Sprinkle cheese on top and bake in oven for 15 minutes then broil for 1-2 minutes so the cheese bubbles
6. Serve with sliced avocado, jalapeños anything! Plus extra [dressing](#) for drizzling

### NOTES

\*Store leftovers in airtight container for 5 days. I like to reheat either in oven or microwave (usually microwave for convenience)