

# Chicken and Black Bean Green Enchilada Rice Bake

Yield: 7 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-mexican-green-enchilada-recipe>

## Ingredients:

- 2 cups rice white long grain
- 2 1/2 cups chicken breast cooked, shredded
- 15 ounces sauce mild green enchilada
- 4 ounces sliced black olives
- 15 ounces diced tomatoes
- 1/2 cup sour cream
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper freshly
- 1 teaspoon ground cumin McCormick Gourmet Roasted
- 15 ounces black beans drained and rinsed
- 2 cups shredded cheddar cheese

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 26 grams
7. SaturatedFat: 10 grams
8. Sodium: 1240 milligrams
9. Sugar: 8 grams

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