

30-Minute Cheesy Mexican Rice Skillet

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/cheesy-mexican-skillet-recipe>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 yellow onion medium
- 2 cloves garlic minced
- 1 pound boneless, skinless chicken breast
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 pinch cayenne pepper
- 1 tablespoon tomato paste
- 15 ounces fire roasted diced tomatoes
- 2 cups chicken stock or water*
- 1 cup white rice or quick cooking brown rice, I used white
- 15 ounces black beans rinsed and drained
- 1 cup frozen corn or fresh, thawed slightly if frozen
- 1 cup mexican blend cheese grated
- 1/4 cup chopped cilantro for serving
- lime wedges for serving

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 110 milligrams
4. Fat: 22 grams
5. Fiber: 11 grams
6. Protein: 46 grams
7. SaturatedFat: 8 grams
8. Sodium: 1140 milligrams

9. Sugar: 7 grams

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