

Mexican Chicken Tortilla Casserole

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-food-chicken-recipes>

Ingredients:

- 12 1/2 ounces chicken can Swanson® Premium, drained
- 15 ounces black beans drained and rinsed
- 14 1/2 ounces diced tomatoes with garlic, basil and oregano
- 1 cup salsa Pace® Homestyle
- 1 cup frozen corn
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 8 corn tortillas 6-inch, cut in half
- 1 1/2 cups shredded cheese Mexican blend
- chopped fresh cilantro
- shredded lettuce
- sour cream

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 105 milligrams
4. Fat: 20 grams
5. Fiber: 14 grams
6. Protein: 41 grams
7. SaturatedFat: 11 grams
8. Sodium: 1470 milligrams
9. Sugar: 8 grams

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