

Slow Cooked Chicken Enchilada Chili Over Rice

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/rotel-black-bean-and-italian-dressing-salsa-recipe>

Ingredients:

- 2 boneless skinless chicken breasts large
- 15 ounces corn drained
- 15 ounces black beans drained
- 10 ounces rotel Mild diced tomatoes
- 8 ounces red enchilada sauce
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper freshly
- 1/4 teaspoon garlic salt
- 1 cup chicken broth optional
- steamed rice Cooked

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 20 milligrams
4. Fat: 1.5 grams
5. Fiber: 6 grams
6. Protein: 13 grams
7. Sodium: 650 milligrams
8. Sugar: 5 grams

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