

One Pot Mexican Chicken & Rice Casserole

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-poached-chicken-recipe-simple>

Ingredients:

- 3/4 cup uncooked rice short or long-grained, soaked in water for 30 mins
- 1 boneless skinless chicken breast
- 2 tablespoons olive oil
- 1 onion
- 1 teaspoon garlic paste
- 1 red bell pepper
- 1/2 cup red kidney beans
- 1/2 cup corn kernels
- 2 teaspoons pickled jalapeno
- 1 tablespoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 cup Monterey Jack cheese
- 1/2 cup cheddar cheese
- 1 tomato
- fresh cilantro to garnish, optional
- salt
- pepper

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 50 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 6 grams

8. Sodium: 540 milligrams
 9. Sugar: 4 grams
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