

Layered Mexican Chicken Rice Bake

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-authentic-mexican-rice-and-beans>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 white onion medium, finely chopped
- 1 chili pepper anaheim, it's mild, finely diced
- 1 1/2 cups sweet peppers chopped
- 1 1/2 tablespoons garlic minced fresh
- 4 cups rice cooked/steamed
- 1 tablespoon ground cumin
- 2 cups chicken breast shredded
- 1/4 teaspoon garlic salt Lawry's
- 1/2 teaspoon seasoning dry Ranch Dressing
- 1/2 cup prepared salsa I used Herdez, mild
- 1 can corn drained
- 1 can red kidney beans or any bean of choice, drained
- 1/2 cup cilantro leaves fresh, chopped
- 1 cup shredded cheddar cheese

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 40 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 170 milligrams
9. Sugar: 3 grams

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