

Southwestern Chicken Casserole

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/minute-brown-rice-mexican-rice-recipe>

Ingredients:

- 1 1/2 cups Minute Brown Rice uncooked, white or brown will work
- 2 cups low sodium chicken broth
- 1/2 cup diced onion finely
- 1 ounce canned corn rinsed
- 15 ounces black beans rinsed
- 2 chicken breasts large, evenly sliced about an inch thick, uncooked
- 16 ounces salsa mild, medium, or hot- your choice!
- 1/4 cup fresh cilantro chopped
- 1/2 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- 2 teaspoons garlic powder
- 1/2 cup colby jack cheese optional
- cilantro
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- fresh tomato
- avocado

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 30 milligrams
4. Fat: 6 grams
5. Fiber: 7 grams
6. Protein: 17 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 750 milligrams

9. Sugar: 3 grams

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