

Mexican Chicken and Rice

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/patti-s-mexican-fajita-spice-mix-recipe>

Ingredients:

- 2 1/4 teaspoons sea salt
- 1/2 teaspoon ground black pepper
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 1/2 teaspoons dried oregano
- 2 teaspoons paprika
- 1 1/4 pounds boneless skinless chicken breasts chopped into bite-sized pieces
- 1 1/2 tablespoons olive oil
- 2 key limes juice only
- 1 tablespoon spice mix Mexican
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- 1 small yellow onion peeled and diced
- 1 clove garlic pressed or minced
- 1 bell pepper small, green or red, sliced
- 1 cup long grain rice
- 2 cups chicken broth
- 3 tablespoons water
- 3/4 cup tomato puree
- 1 1/2 cups frozen corn kernels or fresh
- 1/2 teaspoon sea salt
- 1/2 teaspoon spice mix Mexican
- 2 cups shredded medium cheddar cheese
- grape tomatoes halved
- black olives sliced
- cilantro chopped

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 120 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 43 grams
7. SaturatedFat: 12 grams
8. Sodium: 1980 milligrams
9. Sugar: 6 grams

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