

# Mexican Stir Fry

Yield: 7 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-mexican-stir-fry-recipe>

## Ingredients:

- 1 cup onion diced
- 1/2 cup jalapeño seeded, diced
- 1 tablespoon garlic minced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon oregano
- 2 cups rice
- 4 cups water
- 2 pounds chicken thighs boneless, skinless
- 2 cups yellow corn
- 1 cup poblano pepper seeded, chopped
- 1/2 cup chipotle sauce
- cilantro for garnish, optional

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 110 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 5 grams
8. Sodium: 550 milligrams
9. Sugar: 4 grams

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