

Spiralized Mexican Sweet Potato and Chicken Casserole

Yield: 6 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/onepot-recipe-sweet-potato-mexican>

Ingredients:

- 1 pound boneless skinless chicken breast or 12 oz shredded cooked chicken
- 2 sweet potatoes 12 oz total, spiralized and cut into 6-inch lengths
- 4 vine tomatoes medium
- 4 chili peppers dried guajillo
- 1 teaspoon olive oil
- 1 onion quartered
- 4 garlic cloves
- 1/2 teaspoon cumin powder
- 1 1/4 teaspoons kosher salt
- 1/8 teaspoon black pepper
- 1 cup frozen corn
- 15 ounces black beans rinsed and drained
- 5 ounces pepper jack cheese shredded chopped scallions for topping , optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 75 milligrams
4. Fat: 12 grams
5. Fiber: 8 grams
6. Protein: 31 grams
7. SaturatedFat: 6 grams
8. Sodium: 1130 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Spiralized Mexican Sweet Potato and Chicken Casserole above. You can see more 15 one pot recipe sweet potato mexican Cook up something special! to get more great cooking ideas.