

One Pan Mexican Chicken and Rice

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons fajita seasoning Use store-bought or make it at home. Recipe in notes.
- 2 teaspoons oil
- 2 teaspoons lemon juice or vinegar
- 2 chicken breast slice it into half
- 1/2 cup onions chopped
- 1 red bell pepper chopped
- 1 green bell pepper chopped
- 1 teaspoon garlic finely chopped
- 2 teaspoons fajita seasoning
- 1 cup rice uncooked
- 1 cup tomato puree blend fresh tomatoes or use canned tomatoes
- 1 cup water Or use chicken broth
- 1 cup red kidney beans cooked, or use black beans
- 1 cup corn
- 2 teaspoons lemon juice
- coriander leaves

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 75 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 540 milligrams
9. Sugar: 7 grams

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