

# One Pot Mexican Chicken and Rice

Yield: 7 min  
Total Time: 30 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 onion chopped
- 1 pound chicken breasts uncooked, chopped
- 4 garlic cloves minced
- 1/2 cup water
- 10 ounces enchilada sauce mild
- 1 cup long-grain rice UNCOOKED
- 15 ounces sweet corn 1 can, rinsed and rained
- 14 1/2 ounces fire roasted tomatoes 1 can, drained
- 4 ounces diced green chilies 1 can, mild
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ancho chili powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 16 ounces refried beans 1 can
- 1 1/4 cups shredded cheddar cheese divided
- tortilla chips LOTS of
- chopped tomatoes
- avocados chopped
- lettuce chopped
- cilantro
- sour cream
- guacamole
- 3 tablespoons dry ranch dressing mix Hidden Valley, 1 oz. package
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 1/4 cup milk
- 1 jalapeno seeded, deveined, roughly chopped

## **Nutrition:**

1. Calories: 580 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 80 milligrams
4. Fat: 24 grams
5. Fiber: 10 grams
6. Protein: 30 grams
7. SaturatedFat: 9 grams
8. Sodium: 1530 milligrams
9. Sugar: 9 grams

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