

Mexican Casserole

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-mexican-casserole-olives-corn-chips>

Ingredients:

- 3/4 pound boneless skinless chicken breast cut into 1/2-inch pieces
- 1 teaspoon ground cumin
- 1 green pepper chopped
- 1 1/2 cups salsa
- 2 ounces low fat cream cheese 1/4 of 8-ounce package
- 15 ounces black beans drained and rinsed
- 1 tomato chopped
- 2 tortillas 6-inch
- 1/2 cup shredded cheese light Mexican style, blend, or any favorite shredded cheese, divided
- salsa optional
- tortilla chips optional
- fresh cilantro optional
- guacamole optional
- avocado slices optional
- sour cream optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 80 milligrams
4. Fat: 15 grams
5. Fiber: 12 grams
6. Protein: 35 grams
7. SaturatedFat: 7 grams
8. Sodium: 1600 milligrams
9. Sugar: 7 grams

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