

Mexican Chicken, Black Beans and Rice

Yield: 6 min
Total Time: 35 min

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

Ingredients:

- 1 1/2 cups cooked chicken chopped, rotisserie works well
- 2 cups wild rice mix cooked brown and, can also add quinoa
- 4 ounces green chiles chopped, drained
- 1 cup canned black beans drained and rinsed
- 1 cup corn fresh or frozen, no need to thaw the frozen corn
- 1/2 cup salsa I like to use Pace Picante, medium, plus more for serving
- 1/2 cup sour cream regular or low fat
- 1 cup shredded sharp cheddar cheese divided
- 6 green onions chopped, white and some of the green part
- 4 tablespoons chopped fresh cilantro optional
- 2 1/2 teaspoons ground cumin
- 3 teaspoons chili powder
- 1/2 garlic powder
- kosher salt to taste
- ground pepper fresh, to taste
- prepared guacamole

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 60 milligrams
4. Fat: 16 grams
5. Fiber: 9 grams
6. Protein: 27 grams
7. SaturatedFat: 8 grams
8. Sodium: 510 milligrams
9. Sugar: 5 grams

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