

Tex-Mex Crock Pot Chicken With Easy Mexican Rice

Yield: 4 min
Total Time: 305 min

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

Ingredients:

- 1/2 onion medium
- 1 red pepper
- 14 ounces pinto beans
- 10 1/2 ounces rotel
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 skinless boneless chicken breasts trimmed
- 1 teaspoon butter
- 1/2 onion medium
- 1 cup salsa
- 1 cup water
- 2 cups minute rice

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 40 milligrams
4. Fat: 3 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 1 grams
8. Sodium: 820 milligrams
9. Sugar: 6 grams

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