

Mexican Chicken Casserole

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-green-chili-pepper-mexican-chicken-recipe>

Ingredients:

- 2 teaspoons chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 pinch cayenne optional
- 14 1/2 ounces black beans drained & rinsed
- 14 1/2 ounces rotel Mild or Original, canned tomatoes & chilies - see Note below
- 1 1/2 pounds chicken tenders
- 2 sweet peppers yellow, orange or red, thinly sliced
- 1 onion large, thinly sliced
- 8 ounces cheddar cheese or Mexican cheese blend, shredded
- cilantro leaves optional
- avocado optional
- guacamole optional
- green onions optional
- jalapeños optional
- sour cream optional
- salsa verde optional

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 170 milligrams
4. Fat: 28 grams
5. Fiber: 13 grams

6. Protein: 60 grams
 7. SaturatedFat: 15 grams
 8. Sodium: 1680 milligrams
 9. Sugar: 9 grams
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