

Mexican Chicken, Rice and Veggie Casserole

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1 red onion small, diced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon cumin
- 2 teaspoons chili powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1 teaspoon dried oregano
- 1 clove garlic minced
- 3 cups cooked chicken left-over, cubed
- 2 cups uncle ben cooked, 's® Rice cooled
- 1 red bell pepper cored and diced
- 1 zucchini shredded
- 4 ounces diced green chilies drained, or 1 jalapeño, diced
- 1 cup corn kernels canned, fresh or frozen and defrosted
- 15 ounces black beans drained and rinsed
- 12 ounces salsa or enchilada sauce
- 1/4 cup shredded Monterey Jack cheese
- 1/2 cup shredded cheddar cheese

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 9 grams
6. Protein: 39 grams
7. SaturatedFat: 6 grams

8. Sodium: 1340 milligrams

9. Sugar: 6 grams

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