

Zucchini Bread Recipes

Chicken Enchilada Rice Casserole – Ready in 35 Minutes

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb boneless chicken breast, diced
- [ ] 1 cup long-grain white rice
- [ ] 1 cup canned black beans, rinsed
- [ ] 1 cup frozen corn kernels
- [ ] 1 ½ cups enchilada sauce
- [ ] 1 cup shredded cheddar cheese
- [ ] ½ cup shredded Monterey Jack cheese
- [ ] 1 tsp cumin
- [ ] ½ tsp smoked paprika
- [ ] Juice of 1 lime
- [ ] 2 tbsp chopped fresh cilantro

Optional Toppings

- [ ] Sliced jalapeños
- [ ] Extra cilantro
- [ ] Sour cream or Greek yogurt

Instructions

1. Preheat the oven to 375°F (190°C). Meanwhile, toss the diced chicken with cumin, paprika, and a pinch of salt.



2. In a skillet over medium heat, drizzle a tablespoon of oil and sauté the chicken until lightly browned, about 4 minutes; set aside.



3. In the same skillet, add the rice, stirring for a minute to toast it lightly, then pour in the enchilada sauce and 1 ½ cups water; bring to a gentle simmer.



4 Stir in the black beans, corn, and cooked chicken; fold gently so everything is coated but the rice stays separate.



5 Transfer the mixture to a greased 9-x-13-inch baking dish, sprinkle the cheddar and Monterey Jack on top, cover with foil, and bake for 20 minutes. Remove foil and bake another 5 minutes until the cheese is golden. Finish with a squeeze of lime and a sprinkle of cilantro.



Nutrition per serving

420 kcal	28 g	49 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a cheesy garlic twist, stir a teaspoon of garlic powder into the sauce before baking.
- The casserole can be frozen after cooling; reheat covered at 350°F for 25-30 minutes.
- For extra heat, drizzle a little hot sauce over each serving.