

Chicken and Rice Casserole with Chiles, Corn and Black Beans

Yield: One 13" x 9" casserole, serves 8

Ingredients:

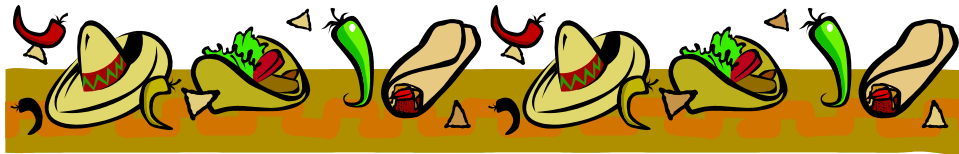
Topping: 4 oz. corn chips, 2 T. butter, 2T. minced parsley.

Casserole:

4 T. (1/2 stick) unsalted butter
2 medium bell peppers – red, green, yellow or mixed, seeded, and chopped
1 medium onion, chopped
3 medium garlic cloves, minced or pressed through garlic press
¼ cup all-purpose flour
1 cup heavy cream
2 pounds boneless, skinless chicken breasts (about 5)
8 ounces shredded pepper jack cheese (about 2cups)
1 15.5 oz. can of black beans, drained and rinsed
1 ½ cups of frozen corn, thawed and well-drained
Ground black pepper, salt and cayenne pepper to taste
1 small can of green chiles OR chopped jalapeno peppers
2 t. ground cumin
6 cups of chicken broth, low sodium
1 ½ cups long grain rice
3 T. lime juice

1. Make the topping by coarsely processing melted butter, corn chips and parsley. Set aside.
2. Melt butter in a large Dutch oven over medium heat. Add bell peppers, onions, chiles, and salt. Cook for 8 -10 minutes. Stir in the garlic and cumin and cook another 30 seconds. Stir in the flour and cook stirring constantly until golden -about 1 minute. Slowly stir in the broth and cream.
3. Add the chicken breasts, bring to a simmer. Reduce heat to low, cover and cook for 10 – 15 minutes.
4. Remove the chicken and set aside to cool.
5. Stir in the rice and continue to cook over low heat, stirring often until the rice has absorbed all liquid -about 20 – 25 minutes.
6. Shred the cooled chicken into bit-sized pieces.
7. Remove sauce from heat and stir in the chicken, cheese, black beans, corn and lime juice. Season with salt, pepper and cayenne (optional).
8. Pour into a 13" x 9" casserole and top with corn chip topping.
9. Wrap dish tightly with foil sprayed with cooking spray. Label and freeze for up to 1 month.

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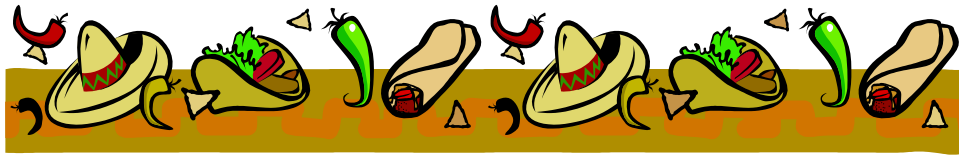
Chicken and Rice Casserole with Black Beans, Corn and Green Chiles

Ingredients: Chicken, Rice, Chicken Broth, Cheese, Black Beans, Corn, Green Chiles, Bell Pepper, Cream, Onions, Garlic, Lime Juice, Salt, and Pepper. Cayenne Pepper Optional. Topping: Butter, Corn Chips, and Parsley.

Thaw for 24 hours in the refrigerator.

Pre-heat oven to 400. Cover casserole with foil and bake for 1 hour. Remove foil and bake for another 15 minutes until topping is crisp.

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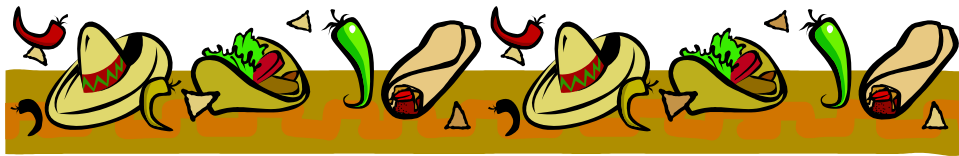
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February, 2016.

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