

Chicken Enchilada Casserole

Freezer Meal

Makes 6 servings – serving size ~1.5 cup

Ingredients

- 1 1/2 cups dry brown rice cooked according to package instructions
- 2 1/2 cups shredded chicken
- 2 cans 15 oz each black beans drained and rinsed (low or no sodium)
- 1 15 oz can green enchilada sauce (heat level of your liking)
- 1 15 oz can diced tomatoes (no salt added)
- 1/2 cup fat-free plain Greek yogurt
- 1 teaspoon cumin optional
- 1/2 teaspoon salt
- Dash of pepper to taste
- 2 cups shredded cheddar cheese

Instructions

Spray a dish (1- 9x13 inch baking dish or 2- 8x8 inch baking dishes or disposable pan(s)) with cooking spray.

1. Cook rice and chicken and shred chicken (see note for cooking chicken)*
2. Drain black beans
3. In a bowl combine shredded chicken, enchilada sauce, tomatoes, black beans, sour cream, and seasonings
4. Put rice at the bottom of the prepared baking dish, spoon chicken mixture on top of rice. Sprinkle the cheese on top.
5. Freeze or bake, cooking instructions below.
6. For baking from frozen, remove from freezer and bake at 350 degrees for 1 1/2 hours or until cheese is melted and center of the dish is warm.
7. For baking right after prepared - bake at 350 for 30-35 minutes, until cheese is melted and starting to turn golden brown on top.

Notes

*cook the chicken to your liking (poach it, bake it or fry it) or use a rotisserie chicken. Slow cooker for this casserole, just put chicken breasts and 1/2 cup water in a slow cooker (high for 4 hours, low for 8) and shred the chicken to use in this casserole.

*Read labels for sodium content in canned foods. May substitute dry black beans and/or fresh tomatoes per preference.

Nutrition Facts

Servings 6.0

Amount Per Serving
~1.5 cup

calories 585

% Daily Value *

Total Fat 16 g **24 %**

Saturated Fat 8 g **41 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 34 mg **11 %**

Sodium 678 mg **28 %**

Potassium 184 mg **5 %**

Total

Carbohydrate 62 g **21 %**

Dietary

Fiber 12 g **46 %**

Sugars 3 g

Protein 52 g **103 %**

Vitamin A **25 %**

Vitamin C **38 %**

Calcium **37 %**

Iron **20 %**
