

# Chicken Burrito Casserole

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Servings: 8

## Ingredients

- 1/2 red onion, diced
- 1 red bell pepper, diced
- 1 jalapeño, minced
- 1 cup dry long-grain white rice, basmati or jasmine
- 2 tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon sea salt
- 1 cup corn kernels, frozen
- 14oz can black beans, strained and rinsed
- 450 g cooked chicken, shredded (6 cups or 3 chicken breasts)
- 3 1/2 cups chicken broth
- 1 tablespoon olive oil
- 2 tablespoons tomato paste
- 150 grams Monterey Jack or Havarti cheese, grated
- Cilantro, to serve
- Green onion, to serve



## Steps

1. Preheat oven to 400°F. (If you don't have cooked chicken, bake the chicken breasts in the oven for 25 minutes. Once cooked, place chicken on a cutting board and use two forks to shred the chicken into bite-size pieces.)
2. In a large baking dish (I used 9 x 13 inch), add onion, bell pepper, jalapeño, rice, chili powder, garlic powder, cumin, oregano and salt and stir to combine.
3. In a separate bowl or measuring cup, combine chicken broth, tomato paste and olive oil and whisk until well combined.
4. Transfer broth mixture to the baking dish and stir to combine with the rice mixture.
5. Add chicken, black beans and corn to the baking dish and give it one final stir until everything is well incorporated.
6. Cover the baking dish with aluminium foil and then transfer to the oven to bake for 50-60 minutes or until all of the liquid is absorbed.
7. Once complete, remove the baking dish from the oven, remove the aluminium foil, and sprinkle with grated cheese.
8. Return the baking dish to the oven for a final 5-10 minutes until cheese has melted and is slightly golden.
9. Remove from the oven, allow to cool slightly, and serve with a sprinkle of fresh cilantro and spring onion as desired.

