

Chicken and Black Bean Casserole



FOODSERVICE

SERVING SIZE: 8

Ingredients

- 2/3 cup Brown Rice
- 1 cup Chicken Stock
- 1 tablespoon Olive Oil
- 1/2 cup Onion, Diced
- 2 cups Chicken Breast, cooked and shredded
- 2 teaspoons Cumin
- 2 teaspoons Salt
- 1/2 teaspoon Black Pepper
- 1 3/4 cups **Furmano's Black Beans**, Drained & Rinsed
- 1/4 cup Green Chilies, Diced
- 2 cups Shredded Cheddar Cheese

In This Recipe



Black Beans - 15.5 oz.



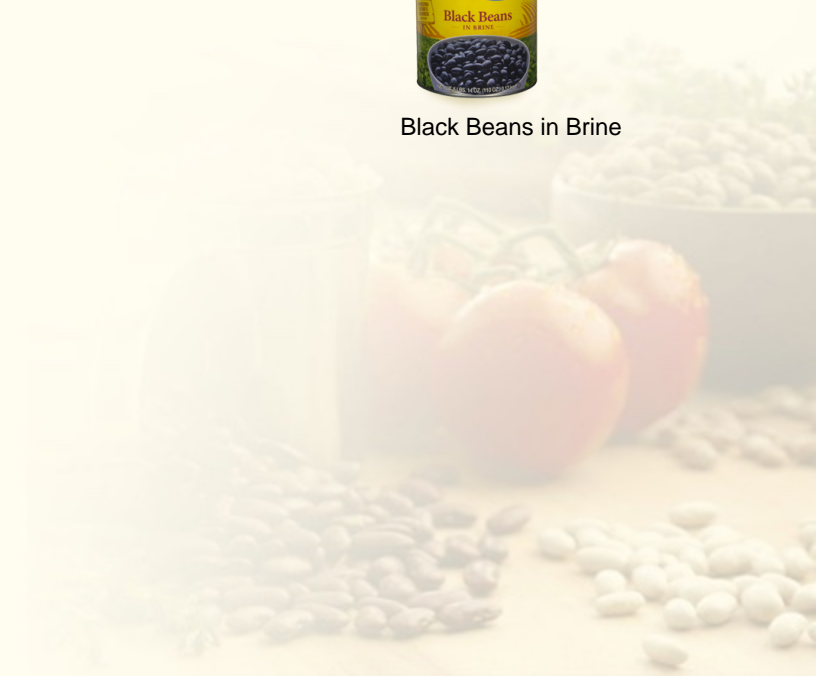
Black Beans, Low Sodium -
Bella Vista



Pouch Black Beans in Brine



Black Beans in Brine



Preparation

1. Mix the Rice and Chicken Stock in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 45 minutes, or until rice is tender. Reserve.
2. Preheat oven to 350F. Lightly grease a 9 X 13 casserole dish.
3. Heat the Olive Oil over medium heat in a medium skillet. Add Onions and cook until soft. Mix in the chicken, season with Cumin, Salt and Pepper. Cook until Chicken is thoroughly heated.
4. In large bowl, mix the cooked Rice, Onion, Chicken, Beans, Chiles, and 1/2 the cheese. Transfer to the prepared casserole dish, and sprinkle with remaining cheese.
5. Cover casserole loosely with foil, and bake 30 minutes in the preheated oven. Uncover, and continue baking 10 minutes, or until bubbly and lightly browned.

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