

Queso Chicken Black Bean and Rice Casserole

by Melissa Summers

2 garlic cloves, minced	1 10oz can Ro-Tel (diced tomatoes and chiles)
1 Tbsp. olive oil	8oz Velveeta 2%, cut into 1 inch cubes
medium onion, diced	3 cups cooked brown rice
1.5tsp cumin	2-2.5 cups chopped grilled chicken
1/2 tsp. chili powder	4 handfuls of multigrain tortilla chips, crushed
2 14oz cans black beans, drained and rinsed	

If not using leftover grilled chicken and rice, start by grilling your chicken (about 2 chicken breast halves) and cooking your rice according to package directions (make enough for approximately 6 servings).

Preheat oven to 350 degrees.

Heat the oil in a large skillet over medium heat. Add the minced garlic and cook until fragrant. Add the diced onion and cook one to two minutes more to soften. Add cumin and chili powder and mix together.

Add the black beans, combine to distribute seasoning. Next, add Ro-Tel and cook for 2-3 minutes to reduce some of the liquid. Reduce heat to medium-low.

Add the Velveeta and grilled chicken to the pan, stirring occasionally to let the cheese melt.

Grab about four handfuls of chips, place them in a plastic bag (with a good seal!) and let your kid smash them for a couple of seconds.

In a 9x13" pan, pour the rice and spread on the bottom of the pan, evenly distributing.

Pour the black bean, chicken, queso mixture on top of the rice.

Sprinkle the tortilla chips on top of that.

Bake in the oven for 5-10 minutes until the chips start smelling toasted.

Serves 8

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