



CONVIVIVUM
URBAN FARMSTEAD

THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

The recipe is provided below if you would like to recreate the meal.

Reheating Instructions:

If reheating the entire casserole, place in the oven at 350 degrees F for 25 to 30 minutes, or until it is hot all the way through.

It can also be portioned out cold and then reheated in the microwave as individual portions.

DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.

Southwest Chicken Casserole

INGREDIENTS

- 1.5 cups minute rice (you can use brown or white)
- 2 cups chicken broth
- 1/2 medium onion, finely diced
- ½ bell pepper, finely diced
- 1 15 oz. can sweet corn, drained and rinsed
- 1 15 oz. can black beans, drained and rinsed
- 1 pound boneless, skinless chicken breasts, cut into 1 inch chunks, raw
- 1 16 oz. jar salsa
- ½ teaspoon chili powder
- 1 teaspoon ground cumin
- 2 teaspoons garlic powder
- ½ cup cheese, shredded (Colby jack or cheddar)
- ¼ cup fresh cilantro, chopped

INSTRUCTIONS

1. Preheat the oven to 375 F. Spray a large casserole dish (9x13 inch) with nonstick cooking spray.
2. Add all of the ingredients – except the shredded cheese – into the casserole dish and mix together with a large spoon making sure that everything is well mixed and submerged in liquid (Assembly order: rice, onion, beans, pepper, corn, cilantro, chicken, spices, salsa, broth).
3. Then cover with aluminum foil and bake for about 50 minutes.
4. Uncover and top with shredded cheese. Bake uncovered, for an additional 10 minutes.
5. Once fully cooked, let rest for 10 minutes before serving. Top with sour cream, more salsa or green onions (optional). Enjoy!

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