



GLASSES
GOES
GLUTEN
FREE



CHICKEN & GREEN CHILE RICE BAKE

FAST & EASY RECIPE FOR A DELICIOUS WEEKDAY MEAL

YOU WILL NEED:

- 2 Tablespoons butter
- 1 teaspoon minced garlic
- $\frac{1}{3}$ cup chopped onion
- $\frac{1}{2}$ red pepper, chopped
- 2 cans green chiles
- $\frac{1}{2}$ cup canned black beans, drained and rinsed
- $\frac{3}{4}$ cup unsweetened almond milk
- 1 cup Chicken stock
- 1 cup uncooked rice (I use jasmine rice)
- $\frac{1}{2}$ cup sour cream
- 1 cup monterey jack cheese, shredded
- 4 chicken breast, thinned out to about 1 inch
- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{4}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ cup sliced black olives
- $\frac{1}{4}$ cup cilantro
- $\frac{1}{4}$ cup green onions

- 1 Preheat oven to 375 degrees. Melt butter in a deep saute pan or skillet (able to go in the oven). Saute on medium heat garlic, onion, and red pepper - 3 - 5 minutes.
- 2 Add in green chiles, black beans, and rice. Stir together and saute for another 2 minutes.
- 3 Pour in unsweetened almond milk and chicken stock and stir all together with sour cream and shredded cheese. Turn off heat.
- 4 Place 4 chicken breast on the top of your mixture. Sprinkle chicken with cumin, salt and pepper mixture.
- 5 Bake in oven for 45 minutes, COVERED. Uncover, and bake for another 10 minutes. Take out of oven and let sit for 5-10 minutes before serving. Top with black olives, cilantro, and green onions.