

Spicy Burrito Bake

Ingredients

- 1 package (6.4 oz) RICE A RONI® Jalapeño Cheddar
- 2 cups water
- 3 tsp olive oil, divided
- 2 tsp minced jalapeño pepper (seed and membranes remove) (optional)
- 1 ½ cups cooked, shredded chicken
- 1/2 tsp chipotle chili pepper
- 2/3 cup reduced-fat milk
- 1 can (about 15 oz) no-salt added or reduced-sodium black beans, rinsed and drained
- 1/2 cup light sour cream
- 1/2 cup prepared salsa
- Chopped avocado (optional)
- 1/2 cup chopped red or green bell pepper

How to make it

1. In medium saucepan, combine rice, water, 2 tsp of olive oil and jalapeño pepper, if using. Bring to a boil.
2. Cover; reduce heat to low. Simmer 18 to 20 minutes or until rice is tender and most of the liquid is absorbed.
3. Toss chicken with chili pepper; set aside.
4. When rice mixture has cooked until tender, stir in milk and Special Seasonings. Increase heat to high. Boil 1 to 2 more minutes, stirring constantly. Stir in beans and bell pepper.
5. Cover and remove from heat. Let stand 3 minutes. Stir well. Spread rice mixture into 2-quart casserole dish sprayed with nonstick cooking spray. Immediately top with shredded chicken. Gently press chicken into rice mixture. Cover with aluminum foil and bake at 350°F 15 to 20 minutes or until firm and heated through. Remove from oven. Let stand 5 minutes. Top



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	45 min	55 min	8

Made with



RICE A RONI® Jalapeño Cheddar

each serving with sour cream, salsa and avocado, if desired.