

Chicken Enchilada Rice Casserole

1½ cups dry Basmati or brown rice
1 cup white Cheddar, shredded, divided
1 cup Monterey Jack cheese, shredded,
divided
1 (16 ounce) can refried or black beans
3 cups cooked chicken breasts, cubed

2 (10 ounce) cans Enchilada sauce
(or homemade)
1 (14½ ounce) can corn, drained
1 jalapeño, chopped
Salt and pepper to taste

Preheat oven to 350°F. Cook the rice according the package instructions. Mix the two cheeses together. In a large bowl mix the chicken with the enchilada sauce, refried beans, corn, jalapeño, and half of the cheese. Add rice, season with salt and pepper if needed, and mix well. Pour rice mixture into a large casserole dish. Top with corn then with remainder of cheese. Bake for 30 to 40 minutes or until cheese melts and is bubbly.

ENCHILADA SAUCE:

¼ cup canola oil
2 tablespoons flour
2 tablespoons chili powder
1 (8 ounce) can tomato sauce
1 teaspoon salt

1½ cups low-sodium chicken broth
½ teaspoon ground cumin
1 teaspoon garlic powder
½ teaspoon onion powder

Heat oil in a large skillet to medium heat. Whisk in flour and chili powder. Reduce heat to medium and continue to whisk until lightly browned. Gradually whisk in tomato sauce, salt, chicken broth, cumin, garlic powder, and onion powder. Stir until smooth, and continue simmering over medium heat about 10 minutes, or until slightly thickened. Serve immediately or keep covered in bowl in the refrigerator for up to 3 days.