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# Kronillis Family Mexican Hot Dish

*Doris Kronillis*

*Nettles Island Cooking in Paradise - 2014*

**1 can (2 ounce) diced green chilies with the juice**

**1 cup shredded Jack cheese**

**1 can (14 ounce) diced tomatoes with juice**

**1 medium onion, chopped**

**1/2 can low-sodium black beans, drained**

**1/2 cup frozen corn kernels**

**1 can (2 ounce) sliced black olives, drained**

**1 large green or red bell pepper, chopped**

**1 cup uncooked white rice**

**1 package low-sodium taco seasoning**

**2 cups cooked chicken, cubed**

**8 ounces low-sodium chicken broth**

**1/2 stick cold butter**

**1 cup tortilla chips, crushed**

**1 cup shredded Mexican cheese (for topping)**

Spray a large casserole dish with nonstick cooking spray. In the bottom of the dish, mix together the green chilies, Jack cheese, diced tomatoes, onion, black beans, corn, black olives, bell pepper, rice, taco seasoning, chicken and chicken broth. Mix well. After everything is mixed together, cut the cold butter into small pieces and place the pieces on top of the hot dish. Cover with foil and seal the edges.

Bake at 375 degrees for one hour. Then remove the foil and sprinkle the hot dish with the crushed tortilla chips and cheese.

Return the dish, uncovered, to the oven for another 10 minutes.

Remove the dish from the oven when the cheese has melted. Let sit at least 10 minutes to firm up before serving. (Can be served with sour cream or guacamole.)

## **Chicken, Mexican**

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*Per Serving (excluding unknown items): 2356 Calories; 136g Fat (50.3% calories from fat); 118g Protein; 185g Carbohydrate; 23g Dietary Fiber; 362mg Cholesterol; 3026mg Sodium. Exchanges: 11 Grain(Starch); 13 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 24 Fat.*