

Choco Fever Dream

Chicken Enchilada Rice Casserole – Quick Easy Dinner

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 cup long-grain rice, rinsed
- [ ] 1 ½ cups low-sodium chicken broth
- [ ] 1 cup shredded cheddar cheese
- [ ] ½ cup shredded Monterey Jack cheese
- [ ] 1 cup enchilada sauce
- [ ] 1 small onion, chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp cumin
- [ ] ½ tsp chili powder
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp lime juice
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Optional Toppings

- [ ] Fresh cilantro, chopped
- [ ] Sliced jalapeños
- [ ] Avocado cubes

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add onion and garlic; sauté until fragrant, about 2 minutes.
2. Add the diced chicken, season with salt, pepper, cumin, and chili powder. Cook until the chicken is lightly browned, about 5 minutes.
3. Stir in the rice, broth, enchilada sauce, honey, and lime juice. Bring to a gentle simmer, then cover and let cook for 15 minutes, or until rice is tender.
4. Preheat the oven to 375°F (190°C). Transfer the mixture to a greased baking dish, sprinkle the cheddar and Monterey Jack evenly on top.
5. Bake uncovered for 15-20 minutes, until the cheese is melted and golden. Let rest 5 minutes before serving.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier casserole, stir in a diced jalapeño with the chicken.
- A dash of smoked paprika adds depth without overwhelming the flavor.
- For a creamier texture, mix in a quarter cup of sour cream after baking.