



South of the Border Chicken Tortilla Bean Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



689 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce bush's® black beans drained and rinsed canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 3 tablespoons canola oil
- ☐ 10 ounce corn tortillas
- ☐ 7 cloves garlic minced
- ☐ 4.5 ounce chilies green chopped canned
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 16 ounce bush's® kidney beans rinsed drained canned
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 1 large onion chopped
- ☐ 15 ounce bush's® pinto beans rinsed drained canned
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 2 cups mexican cheese blend shredded
- ☐ 6 chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 1 cup heavy whipping cream sour
- ☐ 1.3 ounce taco seasoning
- ☐ 15 ounce kernel corn whole drained canned

Equipment

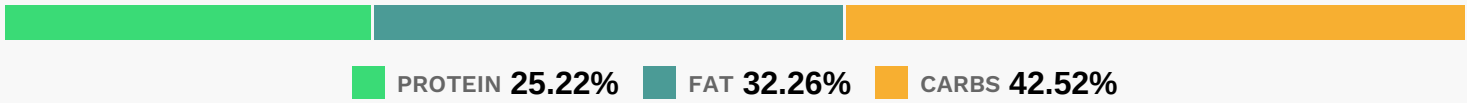
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat the canola oil in a large skillet over medium heat.
- ☐ Add the chicken, garlic and onion; cook and stir until onion is tender.
- ☐ Remove from the heat and stir in BUSH'S® Kidney Beans, BUSH'S® Pinto Beans, BUSH'S® Black Beans, green chilies, tomatoes, corn, taco seasoning, cumin, cinnamon, seasoned salt, pepper, sour cream and tortillas.
- ☐ Transfer to a greased 9x13 inch baking dish.
- ☐ Sprinkle cheese and olives over the top. Cover with aluminum foil or a lid.

- ☐
- Bake in the preheated oven for 40 minutes. Uncover and bake for and additional 15 minutes or until heated through and cheese is melted.
- ☐
- Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:34.04, Glycemic Load:15.87, Inflammation Score:-9, Nutrition Score:35.019999960194%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 689.45kcal (34.47%), Fat: 25.18g (38.73%), Saturated Fat: 9.2g (57.47%), Carbohydrates: 74.67g (24.89%), Net Carbohydrates: 55.72g (20.26%), Sugar: 6.57g (7.31%), Cholesterol: 97.8mg (32.6%), Sodium: 1279.54mg (55.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.28g (88.55%), Fiber: 18.95g (75.79%), Phosphorus: 717.49mg (71.75%), Folate: 281.13µg (70.28%), Selenium: 40.04µg (57.21%), Vitamin B3: 11.34mg (56.69%), Manganese: 1.12mg (56%), Vitamin B6: 1.11mg (55.35%), Magnesium: 168.24mg (42.06%), Potassium: 1355.53mg (38.73%), Iron: 6.33mg (35.15%), Calcium: 338.38mg (33.84%), Vitamin B1: 0.49mg (32.58%), Copper: 0.6mg (29.91%), Zinc: 4mg (26.64%), Vitamin B2: 0.39mg (22.82%), Vitamin B5: 1.97mg (19.68%), Vitamin A: 960.36IU (19.21%), Vitamin E: 2.86mg (19.09%), Vitamin C: 14.32mg (17.36%), Vitamin K: 14.96µg (14.25%), Vitamin B12: 0.57µg (9.57%), Vitamin D: 0.22µg (1.5%)