



# One Skillet Southwest Chicken, Black Beans and Corn Recipe

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

\*\*TIME SAVER

FOOD BANK ITEMS: CANNED BLACK BEANS AND CANNED CORN



## Ingredients

- 1 pound uncooked boneless chicken breast or thighs, cut into strips OR (\*\*Time Saver) cheat and buy a cooked roasted chicken at the store
- 1-1 ounce package taco seasoning mix
- 1-15 ounce can black beans, rinsed and drained
- 1-11 ounce can corn OR 1-11 ounce can of Mexicorn (canned corn with green and red peppers) undrained
- 1/4 cup water
- Serve with corn or flour tortillas

## Directions

1. Lightly spray your skillet with cooking spray.
2. Add the chicken strips to the skillet. Cook for 8-10 minutes, stirring chicken occasionally making sure it is fully cooked.
  - TIP – cut one piece in half to ensure fully cooked.
  - \*\*OR shred your precooked chicken and place in skillet, let chicken get slightly brown and a little crispy.
3. Stir in the taco seasoning mix, black beans, corn, and water into the pan. Cook everything together over low to medium heat and cover for about 5-10 minutes. Stir occasionally until the sauce is slightly thickened. Remove from heat with lid on for 3-5 minutes.
4. Serve with warm and toasty tortillas.
5. BONUS – Kick up the flavor a notch by adding 1/2 small chopped red onion, 1/4 cup chopped cilantro in the skillet to cook with other ingredients in step 3.