



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Chicken Enchilada Casserole

- 1 Boneless skinless chicken breast, cut into thin bite-size strips
- 1/2 Medium red bell pepper, finely chopped
- 1/4 Tsp ground cumin
- 1 Can (18.5 oz) Southwestern-style vegetable soup
- 1/4 Cup uncooked instant brown rice
- 1 Oz fat-free cream cheese, cut into cubes
- 3 Tbsp fat-free refried beans (from 16-oz can)
- 4 Corn tortillas (6 inch)
- 1/3 Cup shredded reduced-fat mild Cheddar cheese

- 1) Heat oven to 350°F. In 12-inch nonstick skillet, cook chicken and bell pepper over medium-high heat 4 to 6 minutes, stirring constantly, until chicken begins to brown and bell pepper is crisp-tender. Sprinkle with cumin.
- 2) Stir in soup. Heat to boiling. Stir in rice; reduce heat to low. Cover; cook 10 minutes or until rice is tender.
- 3) Stir cream cheese into chicken mixture until well blended. Spread 1 tablespoon of the refried beans on 1 tortilla; place, beans side up, in bottom of ungreased 1-quart casserole. Top with 1 cup chicken mixture; sprinkle with 1 tablespoon of the cheese. Repeat 2 times. Top with remaining tortilla; sprinkle with remaining cheese.
- 4) Cover; bake 20 to 25 minutes or until mixture is hot and cheese is melted.

Makes 3 Servings

