

Super Easy One-Dish Chicken, Beans, and Rice

Serves - 4

6 boneless skinless chicken thighs
15-oz. can Black beans. Drain the liquid on the top leaving some
15-oz. can cream corn
15-oz. can diced tomatoes
1 onion cut into chunks
cracked black pepper to taste
Trader Joe's 21 Seasoning Salute to taste (*a mix of common seasonings*)
1/2 cup grated cheddar cheese (*optional*)
4-6 cups of cooked jasmine rice or white rice
(*I used TJ's frozen Jasmine rice-1pkg for two people*)

Directions:

Preheat oven to 350 degrees.

I used a 13in. x 9 in. glass baking pan.

Sprinkle some 21 salute and cracked pepper on bottom of pan. Add just enough to season one side of chicken. Then place chicken thighs in pan on top of seasoning. Now sprinkle more seasoning on top of chicken. Pour black beans, cream corn, onion, and then diced tomatoes on top of the chicken.

Put into the oven and let cook until bubbly around 30 minutes. Give the pan a stir mixing up all the ingredients. Cook another 15-20 minutes until chicken is cooked through. Add cheese on top and cook a bit more until it melts.

To Serve:

Place rice on plates and top with the chicken and rice mixture. How easy is that.

Top with a bit of sour cream and or avocado for an extra flavor bonus.

From the kitchen of: Flying Kitten

<http://flyingkitten.wordpress.com>