

Frozen to Finish Mexicali Chicken



Makes:

12 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Gourmet Wok with Cover
7" Santoku Knife

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Recipe:

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Recipe Description:

A delicious and quick meal that is made in less than 30 minutes!

6 - 8 frozen boneless skinless chicken breasts
16 ounces
picante sauce (1 large jar)
2 15.5-ounce cans kidney beans
1 large bag Fritos, crushed
8 ounces
cheddar cheese, strung, use Cone #2
(227
g)

Directions:

1. Place frozen chicken breasts in wok. Cover and turn heat to medium.
2. When Vapo-Valve™ clicks, remove chicken and cut into cubes. Place chicken back in wok and add kidney beans, picante sauce, crushed chips and cheddar cheese. Cover.
3. When Vapo-Valve™ clicks, reduce heat to low. Serve hot.

Tips:

- Optional: try adding 1 bag frozen southwestern mix (onion, garlic) vegetables.

Nutritional Information per

▼ Serving

Calories: 426
Total Fat: 17g
Saturated Fat: 6g
Cholesterol: 88mg
Sodium: 832mg
Total 30g
Carbs:
Dietary Fiber: 6g
Sugar: 4g

Protein: 38g
