

## **Mexican Casserole (Frozen-To-Finish) [Serves 4-6]**

Chicken Tenders

Large jar of Salsa

2 bags of frozen Black Beans or 2-3 drained cans of black beans

Chopped Green Chilles (4-6 oz)

Frozen Corn

Cheddar Cheese (#1 Cone)

1 small Onion (#3 Cone) as optional topping

2-3 10" Tortillas

2-3 cups of Rice

Optional Garnish include Sour Cream and/or Guacamole!

Place 2-3 cups of Rice and 4-6 cups of water, Bragg Liquid Amino or seasoning of choice in MP5 (HINT: About 1 Tbls of Butter or healthy oil per cup of Rice helps the Rice not to stick to the cookware and itself) and set it to the appropriate automatic setting. [see page 2 for Rice settings]

Place enough Chicken Tenders in the EOC (11" Skillet will yield less) to cover the bottom of cookware with Chicken without stacking the Chicken; cover. Set to MEDIUM (350). When the Vapo-Valve clicks steadily, strain liquid out. Pour Salsa over Chicken; then place Black Beans, Green Chilles and Corn over the Salsa. Top with Tortillas cut into ½" squares; cover. When EOC CLICKS, turn to LOW (175). Cook for 20-25 minutes. Serve over Rice. Top with shredded Cheese and chopped Onion.