

## 30-Minute Cheesy Mexican Rice Skillet by Lynn's Recipes

---



Lynn demonstrates a one pot meal, 30-Minute Cheesy Mexican Rice Skillet. These one pot meals are so easy and convenient for those busy nights. I am using my Pampered Chef Rock-Crok for this meal.

### Ingredients:

- 2 Tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic minced
- 1 pound boneless, skinless chicken breasts
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- Pinch cayenne pepper
- 1 Tablespoon tomato paste
- 1 (15 ounce) can fire roasted tomatoes
- 2 cups chicken stock or water
- 1 cup white rice
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup fresh or frozen corn (thawed slightly if frozen)
- 1 cup Mexican blend cheese, grated
- 1/4 cup chopped cilantro, for serving
- Lime wedges, for serving

Heat the olive oil over medium heat in a large skillet or sauté pan. Add the onion and garlic and cook for 3 minutes or until starting to soften.

## 30-Minute Cheesy Mexican Rice Skillet by Lynn's Recipes

---

While the onion cooks, cut the chicken breast into 1" cubes and season with salt and pepper. Add to the skillet with the onion and sauté 3-4 minutes more, or until the onion has softened and the chicken has lost most of its pink color. Add the spices, tomato paste diced tomatoes and broth or water and bring to a boil. Once boiling, add the rice, beans, and corn and bring to a boil once more. Reduce heat cover, and simmer for 20 minutes or until the liquid has absorbed and the rice is done.

[Comment or watch this Recipe on You Tube](#)



**Follow me on:**

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

[Roku](#)

Lynn's Recipes | January 2016  
[www.lynnrecipes.com](http://www.lynnrecipes.com)

-----  
[Click here for a handy Conversion Chart](#)