

Cool Ranch Dorito Chicken Casserole

Recipe makes 6 meals

Ingredients

- **2 lbs Boneless Skinless Chicken Breast, chopped**
- **2 cups Chicken Broth**
- **1.5 cups White Rice, dry**
- **1 cup Shredded Sharp White Cheddar Cheese**
- **3 servings (84g) Cool Ranch Doritos, crushed**
- **1 small Yellow Onion, chopped**
- **1 large Green Bell Pepper, chopped**
- **1 large Red Bell Pepper, chopped**
- **1 oz pack Ranch Seasoning**
- **1 Tbsp Olive Oil**
- **1/2 Tbsp Garlic Powder**
- **1 tsp Onion Powder**
- **1 tsp Paprika**
- **1 tsp Parsley**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 495

Fat - 13g

Carbohydrates - 51g

Protein - 42g

***Fiber - 2g**

**Estimated Cost
Per Meal**

\$2.56



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Instructions

- 1. Start by adding your chopped chicken to a large mixing bowl, along with your chopped bell peppers, chopped onions, 1 Tbsp olive oil, 1/2 Tbsp garlic powder, 1 tsp onion powder, 1 tsp paprika, 1 tsp parsley, and a little salt and pepper. Mix well and set aside.**
- 2. Grab your 9x13 casserole dish and add in 1.5 cups of uncooked rice, your pack of ranch seasoning, and 2 cups of chicken broth. Give that a mix, top with your seasoned chicken and veggies, and spread out evenly.**
- 3. Tightly cover your casserole dish with aluminum foil and place in the oven on 375°F for 1 hour, or until your chicken and rice are cooked through.**
- 4. When it's done cooking, remove it from the oven, take off the aluminum foil, and top with 1 cup of shredded cheese, and your crushed Cool Ranch Doritos. Place this back in the oven, uncovered, on 375°F for 5 minutes, or until your cheese is melted.**
- 5. Once your cheese is melted, remove it from the oven, give it a taste, and add salt and pepper to preference.**
- 6. Divide into your meal containers and enjoy!**



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Notes

- **This recipe can easily be bulked up with additional veggies. But if you add a lot, the cook time and seasoning may need to be adjusted. Alternatively, you could just serve this with a side of your veggie of choice.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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