

Taco Chicken & Black Bean Bake

Freezer Meal

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INGREDIENTS

- About 6 Boneless Skinless Chicken breast or tenderloins, cut into bite sized pieces
- 1 pk. Taco seasoning
- 1 Can whole kernel corn, undrained
- 1 Can black beans, undrained
- 1 can diced tomatoes (Use the ones with basil, garlic and oregano for added flavor)

Cook chicken in pan with about 3 Tbsp. of Olive oil until done.

Mix all ingredients together in a foil freezer container. Wrap well in foil and freeze.

Be sure to write the name of the dish along with cooking instructions on the foil before freezing.

COOKING INSTRUCTIONS

Thaw in refrigerator.

Bake at 350 degrees for 45 min. - 1 hour, until completely heated through. Serve with cornbread and enjoy!