

Meals-in-a-Jar Made Easy

BEAN-CHICKEN BAKE

1/2 tsp. Garlic Salt
1/2 tsp. Chili Powder
1 T. Cilantro, freeze-dried or dehydrated
2 T. Thrive Chopped Onions
2 T. Thrive Green Chile Peppers
1/2 c. Chopped Corn
1/2 c. Thrive Instant Black Beans
3/4 c. Thrive Grilled Chicken Dices
1 c. Thrive Cheddar Cheese

Add 2 c. water to square baking dish. Remove cheese, pour jar contents into dish and stir. Bake 20 minutes at 375 degrees F. Add water to the bag of cheese a little bit at a time until mostly absorbed. Set in fridge. After 20 minutes, add cheese to top of the casserole and cook 20 more mins. Serve w/ sour cream, tortilla chips, etc.

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