

# Chili-Chicken Casserole

Betty Dageford

The Church of St. Michael and St. George - St. Louis, MO - 1980

## Servings: 8

*4 ounces tortilla chips, slightly crushed*  
*1 pound boneless/ skinless chicken breasts, cut in one-inch cubes*  
*1 small onion, diced*  
*1 clove garlic, minced*  
*2 tablespoons oil*  
*1 can (15 ounce) tomato sauce*  
*1 can (17 ounce) whole kernel corn, drained and rinsed*  
*1 can (15-1/2 ounce) red kidney beans, drained*  
*1/2 cup sliced black olives*  
*1/2 cup sliced green olives*  
*3 tablespoons chili powder (to taste)*  
*1/4 teaspoon crushed red pepper (to taste)*  
*1 teaspoon black pepper (to taste)*  
*1 tablespoon basil*  
*1 tablespoon chopped parsley*  
*1 cup Monterey Jack cheese, shredded*  
*1 cup cheddar cheese, shredded*

Preheat the oven to 350 degrees.

Line the bottom of a 13x9-inch baking dish with chips. Set aside.

In a large skillet over medium heat, saute' the chicken, onion and garlic in oil until the chicken is opaque.

Stir in all of the remaining ingredients, except the Monterey Jack and cheddar cheeses, until blended. Pour over the chips. Top with the cheeses.

Bake for 30 minutes or until heated through and the cheese melts.

(Ground beef can be substituted for the chicken.)

---

Per Serving (excluding unknown items): 315 Calories; 17g Fat (48.4% calories from fat); 14g Protein; 28g Carbohydrate; 6g Dietary Fiber; 27mg Cholesterol; 500mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.