

Tex Mex Stir Fry

Oscar · 28/09/2024

**Prep Time**

35 mins

Difficult

Medium

Servings

4

Description

My husband calls it Mexican Chinese food Chicken is stir fried with bell peppers black beans and salsa Its delicious served with rice and topped with cheese

Ingredients

- - 1 teaspoon olive oil - 1 green bell pepper
- chopped - 1 red bell pepper
- chopped - 2 tablespoons all-purpose flour
- or as needed - 1 (1 ounce) packet taco seasoning mix - 1 pound skinless
- boneless chicken breast halves - cut into bite size pieces - 2 teaspoons olive oil - 1 (15 ounce) can black beans
- rinsed and drained - ½ cup prepared salsa - 1 cup shredded Cheddar cheese

Instructions

1. Heat 1 teaspoon of olive oil in a skillet over medium-high heat until the oil is very hot
2. and cook and stir the green and red bell pepper until they are starting to become tender
3. about 5 minutes. Set the peppers aside. Mix flour and taco seasoning in a bowl
4. and stir in chicken pieces
5. a few at a time
6. to thoroughly coat with the flour mixture. Heat 2 teaspoons of olive oil in a large skillet over medium-high heat
7. and cook and stir the chicken until no longer pink and the coating is browned
8. about 5 minutes. Stir in the bell peppers
9. black beans
10. and salsa
11. and let the mixture simmer for about 5 minutes to blend the flavors. To serve
12. sprinkle each portion with Cheddar cheese.