

Prep time: 15 mins | Cook time: 30 mins | Total time: 45 mins | Intensity: Easy

Table of Contents

- ✦
 - [Equipment Needed](#)
 - [Ingredients](#)
 - [The Casserole Base](#)
 - [The Base & Topping](#)
 - [Optional Fresh Garnish](#)
 - [Step-by-Step Instructions](#)
 - [Step 1: Prep & Preheat](#)
 - [Step 2: Sauté the Aromatics](#)
 - [Step 3: Combine the Filling](#)
 - [Step 4: Layer the Casserole](#)
 - [Step 5: Bake to Perfection](#)
 - [Step 6: Garnish & Serve](#)
 - [Recipe Intensities & Timing Summary](#)
 - [Expert Tips for Success](#)
 - [Storage & Reheating Instructions](#)
 - [Nutrition Information](#)

Equipment Needed

- 9×13-inch ceramic or glass baking dish
- Large skillet or sauté pan
- Large mixing bowl

- Chef's knife and cutting board
- Measuring cups and spoons
- Cheese grater

Ingredients

The Casserole Base

- 3 cups cooked chicken, shredded or diced (*rotisserie chicken works exceptionally well*)
- 1 tbsp olive oil or avocado oil
- 1 medium yellow onion, finely diced
- 1 medium red bell pepper, diced
- 2 cloves garlic, minced
- 1 packet (1 oz / 28g) taco seasoning (*or 2 tbsp homemade blend*)
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) sweet corn, drained

- 1 can (10 oz) diced tomatoes with green chilies (*such as Ro-Tel*), un-drained
- 1 can (10.5 oz) condensed cream of chicken soup (*or cream of mushroom for a twist*)
- 1/2 cup sour cream or plain Greek yogurt
- 4 oz (1/2 block) cream cheese, softened to room temperature

The Base & Topping

- 4 cups tortilla chips, slightly crushed (*about 1/2 bag*)
- 2 cups Mexican blend or Colby Jack cheese, freshly shredded (*divided*)

Optional Fresh Garnish

- 1/4 cup fresh cilantro, chopped
- 1 medium avocado or Roma tomato, diced
- 2 tbsp pickled jalapeno slices
- Lime wedges for serving

Step-by-Step Instructions

Step 1: Prep & Preheat

1. Preheat your oven to 375°F (190°C).
2. Lightly grease a 9×13-inch baking dish with cooking spray or a drop of olive oil and set aside.

Step 2: Sauté the Aromatics

1. Heat 1 tbsp olive oil in a large skillet over medium-high heat.
2. Add the diced yellow onion and red bell pepper. Cook for 4 to 5 minutes until softened and translucent.
3. Stir in the minced garlic and cook for 1 minute until fragrant. Remove from heat.

Step 3: Combine the Filling

1. In a large bowl, mix the softened cream cheese, sour cream, and cream of chicken soup until smooth.
2. Stir in the taco seasoning until evenly blended.

3. Fold in the cooked shredded chicken, sautéed onion and pepper mixture, drained black beans, sweet corn, and the un-drained diced tomatoes with green chilies.
4. Add 1 cup of the shredded cheese into the mixture and stir well until every ingredient is coated in the creamy salsa sauce.

Step 4: Layer the Casserole

1. Scatter half of the crushed tortilla chips (about 2 cups) evenly across the bottom of your prepared baking dish.
2. Pour the entire chicken taco mixture over the chip layer, using a spatula to spread it evenly to all four corners.
3. Top with the remaining 2 cups of crushed tortilla chips, then sprinkle the remaining 1 cup of shredded cheese uniformly across the top.

Step 5: Bake to Perfection

1. Transfer the dish to the middle rack of your preheated oven.
2. Bake uncovered at 375°F (190°C) for 25 to 30 minutes, or until the casserole is bubbling at the edges and the top cheese layer is melted and lightly golden brown.
3. Remove from the oven and allow it to rest for 5 to 10 minutes before serving. (*Resting helps the casserole set so it slices smoothly.*)

Step 6: Garnish & Serve

1. Finish with fresh chopped cilantro, diced avocado, and a scatter of pickled jalapenos.
2. Serve hot with fresh lime wedges on the side.

Recipe Intensities & Timing Summary

- Prep Intensity: Low (Basic chopping, shredding, and mixing)
- Cooking Intensity: Low to Medium (Simple stovetop sautéing followed by hands-off oven baking)
- Active Working Time: 15 minutes
- Passive Oven Time: 30 minutes
- Resting Time: 10 minutes
- Total Elapsed Time: 55 minutes

Expert Tips for Success

- Crunch Control: If you prefer a crunchier top texture, reserve the final layer of tortilla

chips and cheese until the last 10 minutes of baking.

- **Chicken Options:** Leftover baked chicken breasts, shredded turkey, or poached chicken work perfectly. Using a pre-cooked store-bought rotisserie chicken saves significant prep time.
- **Spice Adjustment:** To increase the heat, use hot taco seasoning, keep the green chili juices, or add a diced jalapeno during the sauté process. For a milder family version, use mild taco seasoning and mild diced tomatoes.

Storage & Reheating Instructions

- **Refrigeration:** Store leftover casserole in an airtight container in the refrigerator for up to 4 days.
- **Freezing:** Assemble the casserole completely without baking, cover tightly with plastic wrap and aluminum foil, and freeze for up to 3 months. Thaw overnight in the refrigerator before baking as instructed.
- **Reheating:** Reheat individual portions in the microwave for 1.5 to 2 minutes, or heat the entire dish covered with foil in a 350°F (175°C) oven for 15 to 20 minutes until warmed through.

Nutrition Information

Estimated nutrition per serving (based on 6 equal servings without optional toppings):

Metric	Amount Per Serving
Calories	520 kcal
Total Fat	26 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	95 mg
Sodium	980 mg
Total Carbohydrate	42 g
Dietary Fiber	6 g
Sugars	5 g
Protein	31 g
Vitamin D	0.4 mcg
Calcium	280 mg
Iron	3.2 mg
Potassium	540 mg