

# Southwestern Chicken Packets (+ A Giveaway!)

**Prep Time:** 10 mins    **Cook Time:** 30 mins    **Total Time:** 40 mins

**Yields:** 2 servings    ADJUST SERVINGS

*These Southwestern Chicken Packets are an easy and delicious no-fuss dinner recipe you can cook with a fire (while camping), on a grill, or in an oven.*

## Ingredients

1 cup frozen corn  
1 (15oz) can black beans, drained and rinsed  
1 tsp taco seasoning (I used homemade taco seasoning)  
2 chicken breasts or 4 chicken tenders  
salt and pepper to taste  
1/2 cup salsa or pico de gallo  
1 cup shredded pepper jack cheese  
cilantro, to garnish  
sour cream, optional  
avocado, mashed, optional

## Instructions

1. Pull off 4 sheets of heavy-duty tin foil (8-10 inches) and layer to create 2 packets. Lightly mist with cooking spray.
2. Stir together the corn, black beans, and taco seasoning. Divide between the 2 foil packets. Season the chicken with salt and pepper. Place 1 chicken breast or 2 chicken tenders in each packet. Top the chicken with salsa and shredded cheese.
3. Bring the two longer edges of the foil together above the food. Fold the edges down twice, creating the top seal. Press the side edges together and fold, creating a secure packet.
4. Cook on hot coals, a gas grill, or in a 375 degree oven for 30 to 45 minutes until chicken is cooked through. (\*See notes for cooking with coals or a grill.)
5. Top with fresh cilantro, sour cream, and avocado before serving.

## Recipe Notes

\*If cooking on COALS make sure to carefully turn the packet 2 or 3 times to prevent burning.

\*\*If cooking on a GRILL make sure to carefully turn the packet once, about halfway through the cook time to ensure even cooking.

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