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Recipe: Ruby Tuesday's Sonora Chicken Pasta

<http://www.massrecipes.com/recipes/04/03/rubytuesdayssonorachicken269382.html>

1 6 oz. boneless, skinless chicken breast, grilled and sliced into 1/4-inch slices
10 oz (5/8 lb.) penne pasta, cooked
3/4 cup Sonora cheese sauce (recipe follows)
1/3 cup spicy black beans (recipe follows)
1/4 cup diced tomatoes, for garnish
1 tsp green onion, sliced

Place pasta in mixing bowl. Add cheese sauce and toss to coat evenly. Pour into heated bowl. Place chicken on top of pasta, then ladle black beans on top. Sprinkle with diced tomatoes and chopped green onions.

Sonoran Cheese Sauce

6 tbsp butter or margarine
1/2 cup onion, finely chopped
1 small clove garlic, minced
1/3 cup all-purpose flour
1 cup hot water
1 tbsp chicken stock
1 cup half-and-half
salt to taste
1/2 tsp sugar
1/4 tsp hot pepper sauce, or more to taste
1 tsp lemon juice
1/4 tsp cayenne pepper
3/4 cup shredded parmesan cheese
3/4 cup Velveeta cheese, cubed
3/4 cup prepared salsa (medium hot)
1/2 cup sour cream

Melt butter or margarine in a saucepan and add onion and garlic. Saute until onion is transparent. Stir in the flour to make a roux and cook for 5 minutes, stirring often. Mix the hot water, chicken stock, and half-and-half. Add mixture slowly to roux, stirring constantly. Allow to cook 5 minutes. Sauce should have the consistency of honey). Add salt, sugar, hot sauce, lemon juice, cayenne, and parmesan cheese to sauce. Stir to blend. Do not allow to boil. Add Velveeta to sauce and stir until melted. Add salsa and sour cream to sauce and blend. Makes 5 cups.

Spicy Black Beans

1 cup dry black beans
salt to taste
1 small clove garlic, minced
1/4 cup onion, finely chopped
1/2 cup prepared barbeque sauce

Pour beans into colander and pick over for rocks.
Transfer to medium saucepan. Add salt, garlic and onion and 3 times the volume of water.

Bring to a boil and cook 1 1/2 to 2 hours or until beans are tender.

Drain beans in colander and place in microwave-safe dish. Add barbeque sauce. Stir to blend, then microwave on high for 1 minute, or until beans are heated through. Makes about 2 cups.

Source: Tallahassee Democrat March 6, 1997

Notes:

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