

Chicken Burrito Bowls

1 pound Chicken Boneless Skinless Thighs or Breasts

3 tablespoons Olive Oil

1/4 cup Diced Onion

1 cup uncooked Long Grain Rice

1 14oz can Diced Tomatoes (drained)

1 15oz can Black Beans (drained and rinsed)

1/2 teaspoon Garlic Powder

1/2 teaspoon Chili Powder

1 teaspoon Cumin

2 1/2 cups Chicken Stock or Broth

Salt & Pepper

Toppings:

Fresh Tomatoes

Diced Green Onion

Sour Cream

Shredded Cheese

Guacamole

Corn chips

In a large saute pan with a lid, saute the onion in 2 tablespoons of olive oil over medium heat, until softened (about 3 minutes)

Dice the chicken into bite size pieces and season with salt and pepper.

Add the chicken to the onions in the pan and cook until browned.

Move the chicken to one side of the pan and add the uncooked rice and toast for 2 or so minutes.

Stir in the bean and canned tomatoes, chicken stock, garlic powder, chili powder, and

cumin. Stir until well combined.

Reduce heat to (low) a simmer and cover. Cook for 20-25 minutes or until rice is tender.

After cook time fluff the rice-beans mixture with a fork and serve with toppings.

Psst! If you'd like to make this vegetarian substitute the chicken broth for veggie stock and omit the chicken.