

CHICKEN BURRITO BOWLS

Maria Goff, May 2016

* GLUTEN - FREE

Ingredients

- 2 lbs boneless, skinless chicken breasts, cut into small pieces
- 3-4 tbsp olive oil
- 1/2 cup diced yellow onion
- 2 cups uncooked extra-long grain rice
- 2 14.5-ounce cans diced tomatoes, drained
- 2 15 -ounce cans black beans, drained and rinsed
- 1 tsp garlic powder
- 1 tsp chili powder
- 2 tsp cumin
- 5 cups low-sodium chicken broth
- 3 cups shredded cheese
- Salt and pepper

Optional toppings:

- Diced tomatoes
- Diced green onions
- Sour cream
- Avocado
- Cilantro

INSTRUCTIONS

1. In a large pot, saute onions in 3 tablespoons of olive oil until they start to soften.
2. Season diced chicken with 1 teaspoon of salt and 1/2 teaspoon of black pepper.
3. Add chicken to the pan and cook over medium-high heat until chicken has started to brown. Move chicken to one side of the pan.
4. In the other side of the pan, add an additional tablespoon of olive oil and saute uncooked rice for about 2 minutes, or just until some grains start to turn golden brown.
5. Stir in black beans, canned tomatoes, chicken broth, garlic powder, chili powder and cumin.
6. Bring mixture to a simmer, cover and reduce heat to low.
7. Cook about 20 minutes, or until rice is tender.
8. Season with additional salt and pepper, as needed.
9. Sprinkle with cheese, remove the pot from the heat, cover the pot, and let sit for 2-3 minutes to melt the cheese.
10. Top with fresh tomatoes, green onions, sour cream, avocado and cilantro, if desired.