

One-Pot Chicken Burrito Bowls

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes

Yield: 4-5

Ingredients

- 1 pound boneless, skinless chicken breasts, diced into bite sized pieces
- 3 tablespoon of olive oil
- 1/4 cup of diced yellow onion
- 1 cup of uncooked extra-long grain rice — *Brown Rice*
- 1 14.5 oz can of diced tomatoes, drained
- 1 15oz can of black beans, drained and rinsed
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of chili powder
- 1 teaspoon of cumin
- 2 1/2 cups of low-sodium chicken broth
- 2 cups of colby jack, monterey jack or cheddar cheese — *Just Sprinkle on top (not 2cups)*
- kosher salt and pepper
- freshly diced tomatoes
- diced green onions
- sour cream > *optional*
- guacamole

• *I added the tomato when I added beans. & topped with green onions & sprinkled cheese.*

Instructions

1. Start by sautéing onions in 2 tablespoon of olive oil until they start to soften.
2. Season diced chicken with 1 teaspoon of kosher salt and 1/2 teaspoon of black pepper.
3. Add chicken to pan and cook over medium high heat until chicken has started to brown.
4. Move chicken to one side of pan, in the other side of the pan add an additional tablespoon of olive oil and sauté 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 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, recover and let set for 2-3 off heat to melt cheese.
10. Garnish with fresh tomatoes, green onions, sour cream and guacamole.

Notes

Recipe variations: Try sautéing diced bell peppers or jalapeños along with onions. Mix in frozen corn in the last 5 minutes of cooking. Substitute ground beef or ground turkey for chicken. Skip the cheese for a lighter version.