

Chicken Burrito Skillet

1 LB. BONELESS SKINLESS CHICKEN BREASTS CUT INTO 1 ½" PIECES

1/8 TSP. SALT

1/8 TSP. PEPPER

2 TBSP. OLIVE OIL

1 CUP UNCOOKED LONG GRAIN RICE

1 CAN 15OZ. BLACK BEANS RINSED AND DRAINED

1 CAN 14.5 OZ. PETITE DICED TOMATOES

1 TSP. GROUND CUMIN

1 TSP. ONION POWDER

½ TSP. GARLIC POWDER

½ TSP. CHILI POWDER

2 ½ CUPS REDUCED SODIUM CHICKEN STOCK OR BROTH

1 MEDIUM TOMATO CHOPPED

3 GREEN ONIONS CHOPPED

In a large cast iron or heavy skillet (I used my braiser), heat 1 tbsp. Oil and sear chicken until browned about 2 minutes. Salt and pepper chicken while browning. Put chicken in a shallow dish and set aside. Add rice into the skillet with another tablespoon of oil. Brown rice until lightly browned and you can start to smell the aroma. Add broth, spices, and beans. Mix well and bring to a boil. Once boiling reduce to simmer and add chicken on top of mixture. Cover and simmer 20 minutes. Sprinkle with Cheese cover until it melts. Serve along with chopped tomatoes and onion. Serve with Tortilla chips, as burritos or as a main dish. Enjoy! Tammy