

Mexican Rice Bowl

Serving size: 4 servings



INGREDIENTS

$\frac{3}{4}$ cup of uncooked rice

1 tsp chicken soup base

1 $\frac{1}{4}$ cup of water

1 tbsp olive oil

1 tsp ground cumin

1 tsp chili powder

1 tsp ground paprika

1 tbsp diced green pepper

1 tbsp diced onion

$\frac{1}{4}$ cup crushed tomatoes

1 cup pinto beans

$\frac{1}{2}$ cup fresh mild salsa

$\frac{1}{4}$ cup fire roasted corn

1 lb boneless skinless chicken breast

1 tsp chili powder

$\frac{1}{2}$ tsp ground paprika

$\frac{1}{2}$ tsp dried oregano

$\frac{1}{2}$ tsp ground cumin

$\frac{1}{2}$ tsp onion powder

2 tbsp lime juice

$\frac{1}{2}$ cup enchilada sauce

$\frac{1}{2}$ cup sliced red onions

$\frac{1}{2}$ cup sliced green and red pepper

2 tsp garlic

INSTRUCTIONS

1. In a large pan combine first 10 ingredients and steam for 30 minutes to an hour until rice is cooked to desired texture.
2. Heat pinto beans in a pan until temperature reaches 140 degrees F
3. Boil chicken and shred to appropriate size. Add spices, lime, and enchilada sauce to shredded chicken.
4. Mix salsa and roasted corn together. Refrigerate and set aside.
5. Combine peppers and onions with garlic and cook on sheet pans in oven until roasted.
6. Combine all the ingredients to make a yummy heart-healthy rice bowl.