

CHIPOTLE CHICKEN BURRITO *Bowl*

Wth Raven Tuffin, EFNEP Educator

Chipotle Chicken Burrito Bowl

Makes 4 servings

Ingredients:

- 3 boneless, skinless chicken thighs
- 5 tablespoons olive oil, divided
- 1 tablespoon chipotle powder or chili spice
- 1 tablespoon garlic powder
- 1 tablespoon cumin
- 1 teaspoon sea salt
- 3 cups brown rice
- 1 cup green pepper, diced
- 1 cup cherry tomatoes, halved or diced canned tomatoes
- ½ cup canned black bean, drained and rinsed
- ½ cup corn
- ½ cup red onion, diced
- ½ cup fresh cilantro
- 1 lime, juiced

Directions:

1. In a plastic bag, place chicken thighs and 3 tablespoons of olive oil. Add the chipotle or chili powder, garlic powder, cumin, and sea salt. Seal the plastic bag and massage meat until fully coated. Transfer to refrigerator to marinate for at least 1 hour, or overnight.
2. Heat 1 tablespoon of olive oil in a large skillet over medium heat. Place the marinated chicken thighs in the pan and cook for 5 minutes on each side, or until the chicken reaches an internal temperature of 165°F.
3. Let the chicken rest for 3 minutes and then cut into cubes and set aside.
4. In a large bowl, place cooked brown rice, cubed chicken thighs, green peppers, cherry tomatoes, black beans, corn, red onions, and cilantro.
5. Drizzle with 2 tablespoons of olive oil, lime juice and season with sea salt and pepper to taste.
6. Toss until well mixed
7. Enjoy!

Food Safety Tip: *Always wash your hands for 20 seconds and clean and sanitize all surfaces after handling raw chicken.*

Chef Tip: *Feel free to add your favorite taco seasoning mix to this bowl for an extra kick! This burrito bowl can be divided into ½ cup portions and wrapped in your favorite tortillas for easy eating on the go!*

Money Saving Tip: *This recipe is great for using leftover rice and proteins. You can try this recipe with ground turkey or chicken breast as well.*