**Chicken Burrito Bowl**

* I can identify lean sources of protein.
* I can demonstrate how to prepare the chicken burrito bowl recipe using proper tools and techniques.

**Ingredients:**

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| 2 T. vegetable oil  1/3 cup onion (chopped)  1/2 cup green pepper (chopped)  1 clove garlic (minced)  ½ chicken breast (boneless, skinless)  1 cup black or kidney beans  ½ cup corn  ½ cup petite diced tomatoes | 1 ½ t. chili powder  1 t. oregano  ½ t. salt  ¼ t. red pepper flakes  ½ t. cumin  1 cup water  1 chicken bouillon cube  ½ cup of rice |

**Directions:**

1. In a skillet or frying pan heat oil using medium heat and sauté onion, green/red pepper for about 1 minute.
2. Add garlic, stir, then add chicken.
3. Cook chicken for 1 minute, flip, then cook on the other side for 1 minute. (keep stirring peppers and onions)
4. Add water, bouillon, spices, beans, corn, tomatoes and rice
5. Bring to boil, stirring occasionally, then reduce to medium heat.
6. Cook for about 5 minutes.
7. Remove chicken and shred or cut into small bits.
8. When rice is tender add cut chicken back into pan. Stir and remove from heat.
9. Top with optional topping, cilantro, shredded cheddar cheese and/or avocado slices.

