

Southwestern chicken and rice skillet

Serves 4-6

Ingredients

- 14 to 16 oz of boneless chicken or
(2 cups left over cooked chicken)
- 1 onions, chopped
- 1 can Diced tomatoes with green chili
(14 .5 oz)
- 2 Cups black beans
- 1 ½ cups frozen corn or
a can of whole kernel corn drained
- 1 Tablespoon Chili Powder
- 1 ½ cups water
- 1 cup uncooked long grain white rice
- optional can top with 1 cup shredded cheese



Instructions

1. Cut up chicken and brown in skillet with the chopped onion(skip if using cooked chicken)
2. Combine the chicken and onion with rice, tomatoes, black beans , corn, chili powder, and water. Stir until everything is evenly combined.
3. Place a tight fitting lid on the skillet, turn the heat on to high, and let the skillet come to a full boil. As soon as the skillet comes to a boil, turn the heat down to simmer for 25 minutes. Make sure it is simmering the entire time, turning the heat up slightly if needed (you should be able to hear it simmer quietly).
4. After 25 minutes, remove the lid, and stir. If any excess liquid cook stirring uncovered till done. All of the liquid should be absorbed and the rice should be tender. S
5. Can add cheese if you don't need to be dairy free or have on the table as a condiment for those who can eat cheese

Make Ahead Instructions

1. Cut up chicken and brown in skillet with the chopped onion(skip if using cooked chicken)
2. Combine the chicken and onion with tomatoes, black beans , corn, chili powder Stir until everything is evenly combined and freeze and label.
3. Measure out Rice and label.
4. Thaw meat mixture. Add 1 ½ cups water and 1 cup rice.
5. Go to step 3 above and finish

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>