

Chicken Burrito Bowl



Sirve:

8 - 10 servings

Pieza:

5 Qt./4.7 L Roaster with Cover

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Burrito bowls are an easy to prepare weeknight meal with all of the yummy flavors you love in a burrito, but without the fuss of wrapping and rolling. Serve the tortilla wraps on the side, if desired.

1 ½ pounds
boneless chicken thighs, trimmed and cut into 1 in. pieces
(680
g)
2 tablespoons
taco seasoning blend
(5
g)
15 ounces
black beans, rinsed and drained
(425
g)
10 ounces
frozen corn
(284
g)
2 cups
Basmati rice
(370
g)
2 cups
chunky salsa
(515
g)
2 cups
water or vegetable stock
(475
ml)
½ teaspoon
natural salt
(3
g)

Preparación :

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add chicken and sprinkle with taco seasoning. Toss to coat chicken thoroughly.
2. Cook chicken for 5 - 7 minutes, until chicken is lightly browned on all sides.
3. Add black beans, corn and rice. Stir to combine.
4. Add salsa, water and salt. Stir to combine and place cover on roaster.
5. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 20 - 30 minutes (according to package directions).
6. Turn heat off and let roaster rest, undisturbed, for 10 minutes. Remove cover and gently stir mixture.
7. Serve burrito bowl filling as is or with an assortment of toppings.

Consejos:

- Serve burrito bowls with optional toppings so diners can customize to their tastes: shredded jack cheese, sour cream, hot sauce, guacamole, chopped tomato, minced scallions, cilantro, shredded lettuce or thinly sliced cabbage.
- Substitute chicken for shrimp.
- Substitute rice for quinoa, which cooks in approximately 16 - 20 minutes.

Información nutricional por ración

Calorías: 394
Grasa Total: 4g
Grasa 1g
Saturada:
Colesterol: 80mg
Sodio: 1055mg
Carbohidratos: 62g
Fibra 8g
Dietética:
Azúcar: 5g
Proteína: 26g
Analysis calculated using vegetable stock