

Chicken Taco Bowl

Ingredients:

Water	4 cups
Brown rice	2 cups
Vegetable oil	1 tablespoon
Onion, chopped	1 medium
Chicken, drained	1 large can (354 g), OR 2 smaller cans (150 g each)
Chili powder	1 tablespoon
Cayenne	¼ teaspoon
Cumin, ground	2 teaspoons
Paprika	2 teaspoons
Oregano	4 teaspoons
Salt	1 teaspoon
Pepper	½ teaspoon
Diced tomatoes, drained	1 can (796 mL)
Corn, drained	1 can (341 mL)
Black beans, drained and rinsed	1 can (540 mL)
Lime juice, from bottle or 1 lime	3 tablespoons



What to use instead of canned chicken?

Try cooked chicken breasts or thighs. Or use leftover roasted chicken or turkey.

Optional toppings:

Chopped avocado, green onion, grated cheese, chopped fresh parsley or cilantro

Directions:

1. Add 4 cups of water to a large pot. Bring to a boil. Add rice, stir and bring back to a boil. Cover pot with lid and reduce heat to low. Simmer for 40 minutes or until rice is tender.
2. While rice is cooking, add oil and onion to a separate pot. Cook on medium heat until onion is soft, about 3 minutes.
3. Stir in all remaining ingredients to onion mixture. Increase heat to high and bring to a boil. Reduce heat to medium-low and cook, covered, for 10 minutes. Stir occasionally.
4. Portion cooked rice into individual bowls and add chicken mixture on top.

Serves 6