

Chicken Burrito Skillet – Adapted from the Taste of Home Diabetic Cookbook, original recipe submitted by Krista Marshall

6 servings

1 Rotisserie chicken
1/8 tsp salt
1/8 tsp pepper
1 Tbsp olive oil
1 cup uncooked long grain rice
1 can (15 oz) black beans, rinsed and drained
1 can (14.5 oz) diced tomatoes
1 tsp ground cumin
½ tsp onion powder
½ tsp garlic powder
½ tsp chili powder
2 ½ cups of reduced-sodium chicken broth
Mexican cheese or queso dip

Directions:

Cut up the chicken. Heat 1 Tbsp of oil in a skillet; sauté the rice until lightly browned (1-2 min). Stir in beans, canned tomatoes, seasonings, and broth; bring it to a boil. Place the chicken on top (do not stir into rice). Simmer covered, until rice is tender. Remove from heat and sprinkle with cheese (or add in queso dip).



Shopping List – Chicken Burrito Skillet

- Rotisserie chicken
- Olive oil
- Long grain rice
- Can (15 oz) black beans
- Can (14.5 oz) diced tomatoes
- Cumin
- Onion powder
- Garlic powder
- Chili powder
- salt
- pepper
- Reduced-sodium chicken broth
- Mexican cheese or queso dip