

SPANISH CHICKEN & RICE

PERFECT FOR MEAL PREP

INGREDIENTS

- 2 tablespoons olive oil
- ½ onion, diced
- 2 cups brown rice
- ½ can (3 ounces) tomato paste
- 3 cups water
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- 2 cups shredded cooked chicken
- 1 can black beans (15 ounces), drained and rinsed

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat.
2. Sauté the onion until it softens, 5-7 minutes.
3. Add rice and continue cooking 2-3 minutes.
4. Add tomato paste and stir to coat then continue cooking 1-2 minutes.
5. Add water and bring to a boil.
6. Reduce heat, cover, and simmer 15-20 minutes or according to package instructions for the rice.
7. When rice is cooked and most of the water has evaporated, stir in paprika, garlic powder, cumin, oregano, parsley, chicken, and beans.
8. Serve with optional toppings including avocado, lime, chopped cilantro, or low-fat Greek yogurt.

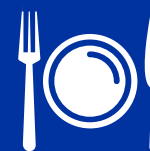


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BUDGET FRIENDLY



4 SERVINGS



30 MIN