



Prep time: 20 minutes

Ingredients:

- 1 tablespoon olive oil
- ½ cup onion, minced
- 2 garlic cloves, minced
- ½ cup red pepper, chopped
- ½ teaspoon cumin powder
- 2 tablespoons canned chipotle peppers, minced
- 16 ounces boneless, skinless chicken breast, cooked and cut into bite-size pieces
- 15-ounce can low-sodium black beans, rinsed with water and drained
- 1 cup chopped tomatoes
- 1 cup chicken stock
- 2 cups cooked rice
- ½ teaspoon kosher salt

Utensils:

- stove (you'll need help from your adult assistant)
- large nonstick skillet with lid
- heatproof spatula

Directions:

1. Heat skillet and add olive oil.
2. Add onion and cumin powder and sauté until onion is softened.
3. Add chicken breast and toss to coat in oil, sauté for 5 minutes.
4. Add peppers and garlic and cook for another 2 minutes.
5. Add black beans, tomatoes, and chicken stock and bring to a boil.
6. Cover and simmer on top of stove for 15 minutes.
7. Serve over rice.

Serves: 4

Serving size: 4 ounces of chicken and 1-1/3 cups of the beans and rice mixture