

Chicken Tinga Rice Bowl



Ingredients:

- 1 lb chicken breasts
- 1 large white onion, thinly sliced
- 4 cloves garlic, minced
- 1/4 cup chopped canned chipotles in adobo
- 1 tsp dried oregano
- 1 tsp salt
- 1 can diced tomatoes
- olive oil
- 1 can black beans
- 8 oz cilantro lime rice
- 1 orange bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1 avocado, sliced into 1/2" wedges
- lime

Instructions:

1. Heat a drizzle of olive oil in a large skillet over medium-high until hot
2. Add the onion and cook, stirring occasionally, for 5 minutes
3. Add chipotles, garlic, salt and oregano to skillet and cook, stirring constantly, for 1 minute
4. Add the tomatoes and the chicken and 1 cup of water, bring to a boil, then reduce heat to low-medium and simmer for 20-25 minutes until chicken cooked through.
5. While chicken cooks, make rice per the directions on the package.
6. While chicken cooks, rinse beans and put in a small pot with 1.5 cups of water. Heat over low-medium until warmed through (about 10 minutes). Once warmed drain and set aside.
7. While chicken cooks, add a drizzle of olive oil to a skillet and heat over medium-high until hot. Add peppers and cook for 4-5 minutes until they just start to soften.
8. Once chicken is cooked through, remove from skillet and shred using two forks.
9. Return shredded chicken to skillet and stir to combine.
10. Assemble the rice bowls with the rice on the bottom, top with the chicken, cooked peppers, and drained beans. Serve with avocado slices and lime wedges on the side.