

# Southwest Chicken Rice Bowls

6-9 Servings | 20 minutes prep | 4 hour & 45 minutes cook time

## • Ingredients •

<b>1 lb.</b> boneless, skinless Chicken Breast	<b>1-15oz.</b> Can Diced Tomatoes, drained
<b>2 tbs.</b> Olive Oil	<b>1-14oz.</b> Can Black Beans, drained and rinsed
<b>3 tsp.</b> Onion Powder	<b>2 3/4 cups</b> Instant Whole Grain Rice
<b>2 tsp.</b> Garlic Powder	<b>1 1/2 cups</b> Shredded Colby Jack Cheese
<b>3 tsp.</b> Chili Powder	
<b>2 tsp.</b> Cumin	
<b>1 tsp.</b> Kosher Salt	
<b>Ground Pepper to Taste</b>	
<b>3 cups</b> Chicken Broth	

## • Procedure •

- 1)** Place chicken breasts in slow cooker. Pour chicken broth over chicken and stir in canned tomatoes, olive oil, onion powder, garlic powder, chili powder, cumin, salt & pepper.
- 2)** Cook on low for 4 hours, until chicken reaches 165 degrees. Remove chicken from slow cooker. Turn slow cooker to high and stir in instant rice & black beans.
- 3)** Let cook for 30-45 minutes on high, or until rice is tender. Add chicken back in, top with cheese and cook a few minutes longer until cheese is melted.
- 4)** Serve with fresh diced tomatoes, sour cream, green onions, avocados, or guacamole.



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