

Healthy Burrito Bowl



INGREDIENTS:

- 1 cup brown rice
- 1 tablespoon olive oil
- 1 can of black beans, rinsed
- 1 can of corn, drained
- 1/2 cup pico de gallo
- 1 1/2 pounds ground chicken
- 1/2 teaspoon each of chili powder, garlic powder and onion powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon paprika
- Salt and pepper

Optional Chipotle Sauce:

- 1/2 cup plain Greek yogurt
- 1 Chipotle pepper in adobo sauce, chopped
- 1 garlic clove, minced
- 1 tablespoon fresh lime juice

DIRECTIONS:

1. In a large saucepan fill 2 cups of water. Add rice and cook according to instructions on rice packaging.
2. Using a large stockpot, heat olive oil over medium high heat. Add ground chicken, chili powder, garlic powder, onion powder, cumin, oregano, paprika, salt and pepper.
3. Cook chicken and spices, stirring occasionally, until chicken is cooked through about 5-8 minutes.
4. If making chipotle cream sauce, grab a separate bowl and add yogurt, chipotle pepper, garlic and lime juice. Whisk together.
5. Place a portion of cooked rice into a large bowl. Top with spiced ground chicken mixture, black beans, corn, pico de gallo and chipotle sauce.
6. For more vegetables, add shredded lettuce, sliced red onion, diced avocado, and cherry tomatoes. Enjoy!

Source: damndelicious.com



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