

From Real Estate to Recipes!
JANUARY FEATURE RECIPE

Slow Cooker Chicken Burrito Bowls

Courtesy of Jeannine Anderson Miller
A Family Favorite!

Ingredients:

- ◆ 1 to 1.5 lbs. Boneless skinless chicken breasts, chicken thighs, or a mix of each
- ◆ 1(14.5 oz) Can diced tomatoes
- ◆ 1 Cup low-sodium chicken broth, plus more as needed.
- ◆ 2 tsp Chili Powder
- ◆ 2 tsp Salt
- ◆ 1 tsp Ground Cumin
- ◆ 1(15oz)Can black beans, drained & rinsed
- ◆ 1 Cup uncooked brown rice
- ◆ 1 Cup Frozen corn kernels

Optional toppings:

- Shredded cheese
- Chopped cilantro
- Sour cream
- Diced avocado
- Salsa
- Hot sauce
- Diced green onions
- Shredded lettuce



Directions:

1. Combine: Chicken, diced tomatoes with juice, chicken broth, chili powder, salt & cumin in a 2 1/2 to 3 1/2 quart slow cooker. Make sure the chicken is covered with liquid, adding additional broth as needed. Cover & cook on the LOW setting for 3-4 hours.
2. Uncover & stir in the beans, rice, & corn. Cover & continue cooking on LOW setting for 3-4 hours more. Check the rice periodically in the last hour of cooking, stirring once or twice to make sure the rice cooks evenly, & add more chicken broth if the mixture seems dry. Cooking is done when rice is tender. If rice is done, but there is still liquid in slow cooker, uncover & cook on HIGH to let liquid evaporate.
3. Use 2 forks to shred chicken into bite-sized pieces. You can do this in the slow cooker & mix into rice or on a cutting board If you prefer to keep it separate. Taste & stir in more salt or other seasonings as needed. Serve burrito bowls with a selection of toppings. (& maybe some tortilla chips!)

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