



HEALTHY RECIPE: Chicken Burrito Bowl



INGREDIENTS:

- 1 cup brown rice
- 1 tablespoon olive oil
- 1 1/2 pounds ground chicken
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- Kosher salt and freshly ground black pepper, to taste
- 1 Avocado
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15.25-ounces) can whole kernel corn, drained (OPTIONAL – I usually do not include)
- 1/2 cup pico de gallo, homemade or store-bought (diced tomatoes, onions, garlic, cilantro)

Chipotle Cream Sauce:

- 1/4 cup Plain Greek Yogurt
- Sprinkle of garlic powder
- Sprinkle of chipotle pepper
- Squeeze juice from 1/2 lime

DIRECTIONS:

1. To make the chipotle cream sauce, whisk together Greek yogurt, chipotle pepper, garlic and lime juice; set aside.
2. In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
3. Heat olive oil in a large stockpot or Dutch oven over medium high heat. Add ground chicken, chili powder, garlic powder, cumin, oregano, onion powder and paprika; season with salt and pepper, to taste.
4. Cook until chicken has browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
5. Divide rice into meal prep containers. Top with ground chicken mixture, black beans, corn and pico de gallo --- DRIZZLE WITH CHIPOTLE CREAM SAUCE

Serving Size (each) = 4-6 ounces of seasoned ground chicken, 1/2 cup brown rice, 1/2 cup beans, 2 Tbsp. fresh avocado, 1/4 cup pico de gallo – and drizzle with chipotle cream sauce