

Southwest Chicken and Rice Bowls

4 boneless skinless chicken breasts (about 2 pounds)

Salt and pepper

2 tablespoons canola oil

1 yellow onion, chopped

4 garlic cloves, finely minced

1 teaspoon chili powder

1 teaspoon cumin

1 1/2 cups long-grain white rice

4 cups low-sodium chicken broth

1 (15-ounce) can black beans, drained and rinsed

1 (10-ounce) package frozen corn

4 ounces cheese (I used a combination of Monterey Jack and sharp cheddar)

toppings of your choice: cilantro, salsa, sour cream, avocados, green chilies, chopped olives, etc.

Cut each piece of chicken in half lengthwise and season with salt and pepper. Heat 1 tablespoon of oil in a large skillet. Add the chicken to the skillet and cook for 2-3 minutes on each side, until golden brown. Remove the chicken to a plate (it will cook more in a subsequent step). Add the other tablespoon of oil to the skillet and add the onions and garlic. Cook 2-3 minutes, or until fragrant. Add the chili powder, cumin, and rice, and cook, stirring frequently, until the rice is slightly translucent. Add the chicken broth and bring to a simmer. Add the chicken back to the skillet, cover, and reduce the heat to medium low. Cook 20-25 minutes, or until the rice is tender and most of the liquid has been absorbed. Stir in the black beans, corn, and cheese, and cook until heated through. Serve with toppings of your choice and enjoy!

adapted from [Mel's Kitchen Cafe](#)