

# Taste of Home

## Chicken Burrito Skillet

**🕒 Total Time** Prep: 15 Min. Cook: 30 Min.



**✔ Test Kitchen Approved**

We love Mexican night at our house, and I love to re-create dishes from our favorite restaurants. This burrito-inspired dish is ready for the table in almost no time! —Krista Marshall, Fort Wayne, Indiana



## Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1-1/2-inch pieces
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons olive oil, divided
- 1 cup uncooked long grain rice
- 1 can (15 ounces) black beans, rinsed and drained

- 1 can (14-1/2 ounces) diced tomatoes, drained
- 1 teaspoon ground cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 2-1/2 cups reduced-sodium chicken broth
- 1 cup shredded Mexican cheese blend
- 1 medium tomato, chopped
- 3 green onions, chopped

## Directions

- 1 Toss chicken with salt and pepper. In a large cast-iron or other heavy skillet, heat 1 tablespoon oil over medium-high heat; saute chicken until browned, about 2 minutes. Remove from pan.
- 2 In same pan, heat remaining oil over medium-high heat; saute rice until lightly browned, 1-2 minutes. Stir in beans, canned tomatoes, seasonings and broth; bring to a boil. Place chicken on top (do not stir into rice). Simmer, covered, until rice is tender and chicken is no longer pink, 20-25 minutes.
- 3 Remove from heat; sprinkle with cheese. Let stand, covered, until cheese is melted. Top with tomato and green onions.

## Nutrition Facts

1-1/3 cups: 403 calories, 13g fat (4g saturated fat), 58mg cholesterol, 690mg sodium, 43g carbohydrate (4g sugars, 5g fiber), 27g protein.

**Diabetic Exchanges:** 3 starch, 3 lean meat, 1-1/2 fat.

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RECIPE CREATOR

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