

## Southwest chicken and rice

Easy southwest chicken and rice is my go-to meal on a busy night. It is fast and delicious, with brown rice, chicken, tomatoes, Tex-Mex spices and cheese. Yum!



### Ingredients:

- 13 oz. can of chicken breast chunks
- 1 tsp. each chili powder and ground cumin
- 1 tbsp. olive oil
- small onion, diced
- 1 clove garlic, minced
- 14.5 oz. can diced tomatoes with green peppers and onions (I use Del Monte)
- 1/3 c. salsa
- 1 c. instant whole grain brown rice (I use Uncle Ben's)
- 15.5 oz. can of dark red kidney beans, drained and rinsed
- Colby-jack or cheddar cheese for topping

### Directions:

1. Heat oil in skillet over medium heat.
2. Add the chicken chunks and sprinkle them with cumin and chili powder.
3. Cook, while stirring, until chicken is coated with spices and begins to lightly brown. It will smell heavenly :)
4. Add the onion.
5. Cook until onions are translucent, stirring often, about 2-3 minutes, then add in the garlic. Cook for another minute.
6. Now for the fun part! Drain the tomatoes into a measuring cup. Add water to the reserved tomato juice to make 1 cup. I usually get about 2/3 c. of tomato juice out of the can by squeezing the lid down into the can, squishing the tomatoes. (Very therapeutic after a rough day).
7. Next, add the tomato juice/water mixture and the salsa to the skillet.
8. Bring to a boil, then stir in the rice.
9. Next, stir in the drained kidney beans and reserved tomatoes.
10. Reduce heat to low, then cover tightly and simmer about 8 minutes or until most of the liquid is absorbed by the rice. Remove from heat and let stand for an additional 5 minutes.
11. Sprinkle with cheese to serve.

Makes 6 servings.