

## Chicken Burrito Bowl



### Makes:

8 - 10 servings

### Utensil:

5 Qt./4.7 L Roaster with Cover

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### Recipe:

### Contributed By:

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### Recipe Description:

Burrito bowls are an easy to prepare weeknight meal with all of the yummy flavors you love in a burrito, but without the fuss of wrapping and rolling. Serve the tortilla wraps on the side, if desired.

1 ½ pounds  
boneless chicken thighs, trimmed and cut into 1 in. pieces  
(680  
g)  
2 tablespoons  
taco seasoning blend  
(5  
g)  
15 ounces  
black beans, rinsed and drained  
(425  
g)  
10 ounces  
frozen corn  
(284  
g)  
2 cups  
Basmati rice  
(370  
g)  
2 cups  
chunky salsa  
(515  
g)  
2 cups  
water or vegetable stock  
(475  
ml)  
½ teaspoon  
natural salt  
(3

g)

**Directions:**

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add chicken and sprinkle with taco seasoning. Toss to coat chicken thoroughly.
2. Cook chicken for 5 - 7 minutes, until chicken is lightly browned on all sides.
3. Add black beans, corn and rice. Stir to combine.
4. Add salsa, water and salt. Stir to combine and place cover on roaster.
5. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 20 - 30 minutes (according to package directions).
6. Turn heat off and let roaster rest, undisturbed, for 10 minutes. Remove cover and gently stir mixture.
7. Serve burrito bowl filling as is or with an assortment of toppings.

**Tips:**

- Serve burrito bowls with optional toppings so diners can customize to their tastes: shredded jack cheese, sour cream, hot sauce, guacamole, chopped tomato, minced scallions, cilantro, shredded lettuce or thinly sliced cabbage.
- Substitute chicken for shrimp.
- Substitute rice for quinoa, which cooks in approximately 16 - 20 minutes.

Nutritional Information per

▼ Serving

**Calories:** 394

**Total Fat:** 4g

**Saturated Fat:** 1g

**Cholesterol:** 80mg

**Sodium:** 1055mg

**Total** 62g

**Carbs:**

**Dietary Fiber:** 8g

**Sugar:** 5g

**Protein:** 26g

Analysis calculated using vegetable stock