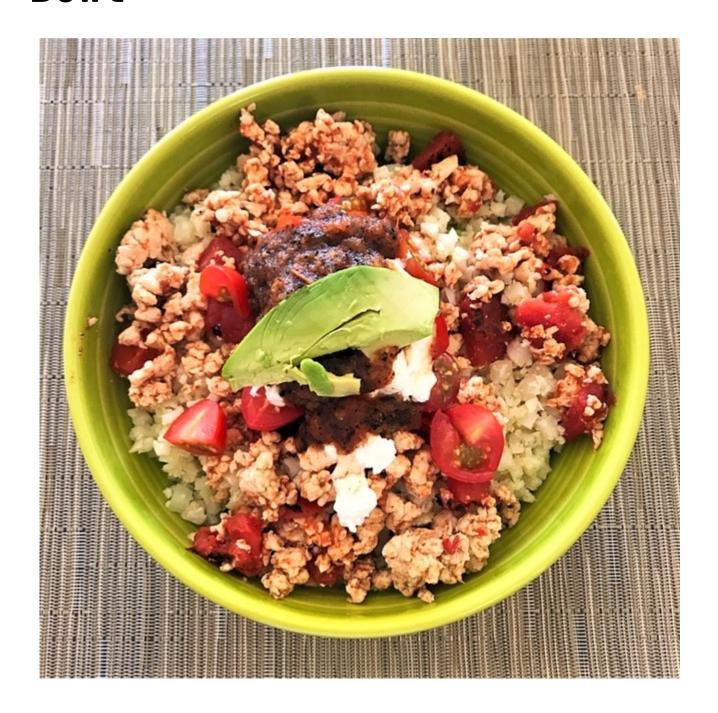
Slow Cooker Chicken Burrito Bowl



Slow Cooker Chicken Burrito Bowl Ingredients

Chicken

■ 1 1 1 2 pounds boneless, skinless chicken thighs, trimmed

of fat

- 1 teaspoon kosher salt
- 1 1 do cups store-bought chunky medium salsa
- 1 1 d cups canned black beans,* rinsed and drained
- 1 1 d cups frozen corn kernels
- 1□2 teaspoon garlic powder
- 1 teaspoon ground cumin
- 2 tablespoons chopped fresh cilantro

Pico de Gallo

- 1 cup chopped tomato
- 1 d cup chopped scallions
- 1

 4 cup chopped fresh cilantro
- 1□2 fresh jalapeño pepper, seeded and finely chopped
- 2 tablespoons fresh lime juice
- 1∏4 teaspoon kosher salt

Bowls

- 4 cups cooked brown rice
- 2 cups shredded reduced-fat Mexican cheese blend*
- 2 cups finely shredded romaine lettuce

Instructions

- 1. For the chicken: Season the chicken with the salt, put it in a slow cooker, and top with the salsa, black beans, corn, garlic powder, and cumin.
- 2. Cover and cook on high for 4 hours or on low for 8 hours. Transfer the cooked chicken to a large plate. Shred with 2 forks and return to the slow cooker. Add the cilantro.
- 3. For the pico de gallo: In a medium bowl, combine the tomato, scallions, cilantro, jalapeño, lime juice, and salt. Refrigerate until ready to eat.
- 4. To serve, place $1 \square 2$ cup brown rice in each of 8 serving bowls. Top with $2 \square 3$ cup chicken, $1 \square 4$ cup shredded cheese, and $1 \square 4$ cup shredded lettuce. Divide the pico de gallo among the

bowls and serve.

Recipe by Gina Homolka of skinnytaste