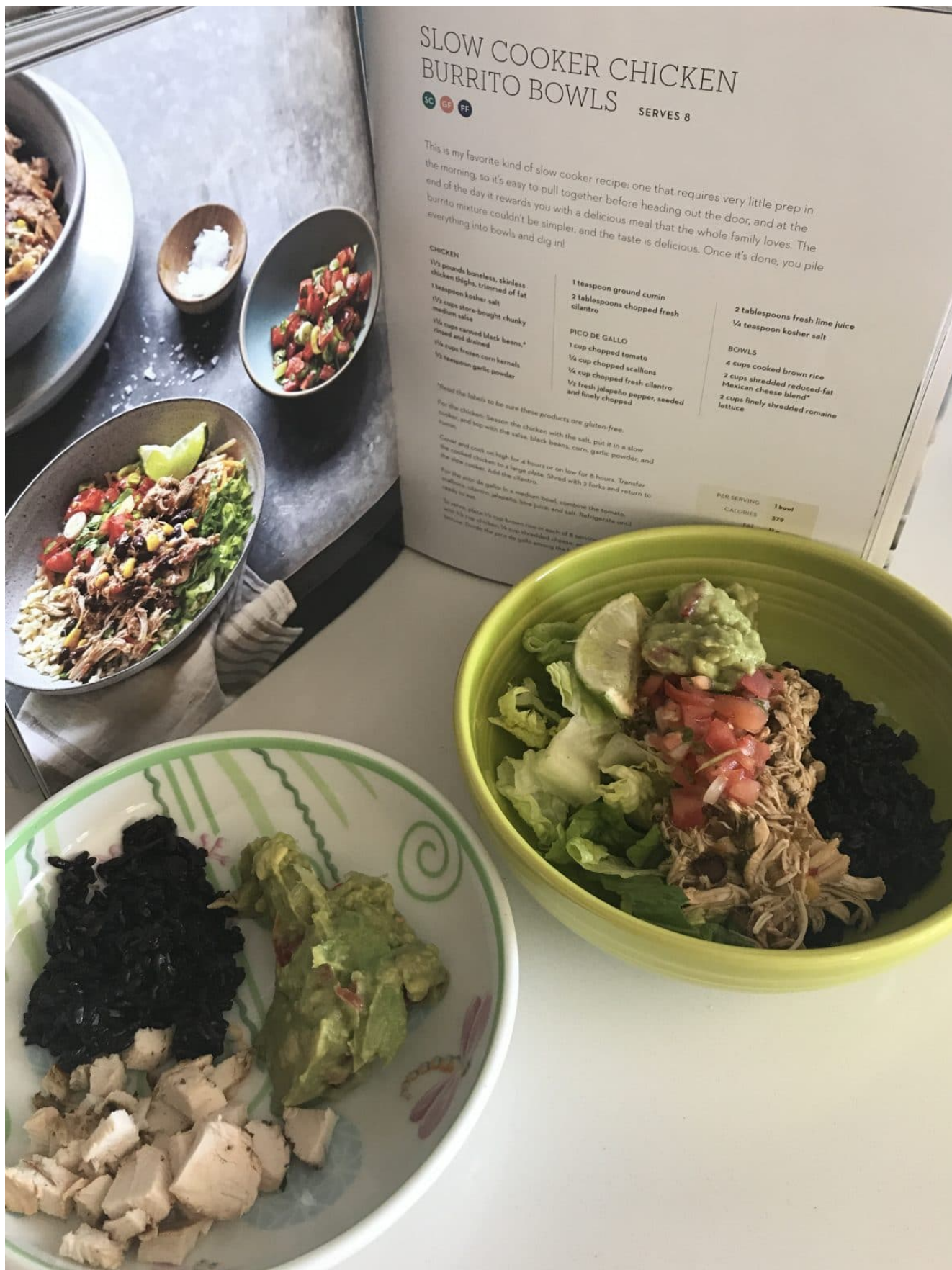


Slow Cooker Chicken Burrito Bowls

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Serves 8



This is my favorite kind of slow cooker recipe: one that requires very little prep in the morning, so it's easy to pull together before heading out the door, and at the end of the

day it rewards you with a delicious meal that the whole family loves. The burrito mixture couldn't be simpler, and the taste is delicious. Once it's done, you pile everything into bowls and dig in!

CHICKEN

1½ pounds boneless, skinless chicken thighs, trimmed of fat
1 teaspoon kosher salt
1½ cups store-bought chunky medium salsa
1½ cups canned black beans,* rinsed and drained
1½ cups frozen corn kernels
1½ teaspoon garlic powder
1 teaspoon ground cumin
2 tablespoons chopped fresh cilantro

PICO DE GALLO

1 cup chopped tomato
1¼ cup chopped scallions
1¼ cup chopped fresh cilantro
1½ fresh jalapeño pepper, seeded and finely chopped
2 tablespoons fresh lime juice
1¼ teaspoon kosher salt

BOWLS

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

*Read the labels to be sure these products are gluten-free.

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.

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.

For the pico de gallo: In a medium bowl, combine the tomato, scallions, cilantro, jalapeño, lime juice, and salt. Refrigerate until ready to eat.

To serve, place 1½ cup brown rice in each of 8 serving bowls. Top with 2½ cup chicken, 1¼ cup shredded cheese, and 1¼ cup shredded lettuce. Divide the pico de gallo among the bowls and serve.

Nutrition Information:

PER SERVING 1 bowl

CALORIES 379

FAT 11 g

SATURATED FAT 4.5 g

CHOLESTEROL 98 mg

CARBOHYDRATE 40 g

FIBER 5.5 g

PROTEIN 30 g

SUGARS 3 g

SODIUM 782 mg

Recipe reprinted from Skinnytaste Fast and Slow by Gina Homolka (Clarkson Potter, 2016).