

## **Chicken with Black Beans & Rice**

1 cup uncooked brown rice  
1 15-oz can no-salt-added black beans, with liquid  
1 14.5-oz can no-salt-added diced tomatoes, with liquid  
12 oz. salsa (I use Muir Glen organic medium Chipotle salsa)  
1/2 cup corn kernels  
1/2 cup chopped fresh cilantro  
2 cooked chicken breasts, cubed

1. Cook the rice in a large saucepan, using either water or chicken broth.
2. Fluff the rice when it is cooked, and add the black beans, tomatoes, salsa, corn kernels, cilantro, and chicken to the same saucepan.
3. Cook over medium-low heat until hot.
4. Serve.

**Makes 6-8 servings.**

Source: My own creation.

Comments: This is an easy-to-fix, one-pot meal. I created this recipe because I had some cooked chicken breasts to use and couldn't find any recipe that sounded good that day using the ingredients I had on hand. So, using supplies that we had onboard, I came up with a tasty bean/rice dish that we really like. I've also made it using cut-up chicken sausage in place of the chicken breasts. The leftovers are easily reheated and still taste good, so this feeds us for several days. Served with bread, this is a hearty and good-tasting meal. This is also good to fix for a potluck.