

Chipotle Chicken Bowl Recipe

Chicken Marinade

- 2 lbs chicken breast/thigh (cubed)
- ¼ cup Chipotle peppers in adobo
- ½ cup plain Greek Yogurt
- 1 TBSP honey
- 2 tsp lime juice
- 1 tsp salt
- 1 tsp cumin
- 2 TBSP water

Cilantro Lime Rice

- 2 Cups cooked rice
- 1 tsp salt
- 2 TBSP lime juice
- 12 cup chopped fresh cilantro

Black Beans

- 2 15 ounce cans black beans
- 1 tsp minced garlic
- 1 tsp cumin
- 1 tsp oregano

Vegetables

- 3 medium bell peppers (cut into strips)
- 1 large onion (thinly sliced)
- 1 Tbsp avocado oil
- Salt/pepper (to taste)

Instructions

1. In a blender, combine all of the marinade ingredients and blend them until they are smooth.
2. Pour the marinade over the cubed chicken and stir gently until all pieces are well coated. Marinate for 10-15 minutes while you prep the rest of the ingredients.
3. In a saucepan, combine the beans and seasoning, then stir. Do not drain or rinse the black beans. Simmer the beans over low heat for about 10 minutes while you cook the remaining elements.
4. Add the salt, chopped cilantro, and lime juice to the warm cooked rice and stir. Taste and adjust the salt as desired.
5. Heat a cast iron skillet to medium-high heat and add 1 Tbsp of avocado oil.
6. Add the marinated chicken to the pan.
7. Cook the chicken for 5-6 minutes per side, until it is firm and cooked through. Charred bits are a good thing!
8. Remove the chicken to a plate, add 1 more Tbsp of oil, the veggies and salt/pepper to the skillet. Stir them well to coat them in the oil.
9. After 1-2 minutes, lower the skillet temperature to medium and continue cooking until the veggies are soft.
10. Assemble the bowls, topping with Greek Yogurt, fresh avocado, and a squeeze of lime. Serve and enjoy!