



Crock Pot Fiesta Chicken & Rice Bowl

Prep Time: 10 minutes

Chill Time: 3-8 hours

Cost per serving: \$0.16

What you need:

Utensils:

- Cutting board
- Knife
- Measuring cup
- Measuring spoons
- Slow cooker
- Mixing Spoon

Ingredients:

- 1 pound uncooked chicken, cubed
- 1 cup uncooked brown rice
- 1 can (10oz) enchilada sauce
- 1 can (4oz) chopped green chilies
- ½ cup chicken broth
- 1 medium onion, chopped
- 1 tsp. of cumin

What to do:

1. Wash your hands and clean your cooking area.
2. Chop the chicken and onion. If possible use a separate cutting board for each.
3. Add chicken, rice, enchilada sauce, green chilies, chicken broth, onion, and cumin to the slow cooker.
4. Stir to combine.
5. Cook on low for 6-8 hours or high for 3-4 hours.

Note: If you do not have a slow cooker you can prepare this dish in your stove, but you might need an extra 1/4 cup of chicken broth. Cook in low-medium heat for about 40 minutes or until liquid is absorbed and rice is fully cooked.

Nutrition Facts

Serving Size 1 cups (164g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 450mg	19%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 19g	
Vitamin A 10%	Vitamin C 4%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500



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