

BBQ Chicken Burrito Bowls

PREP TIME: 15 minutes

Makes 8 servings

INGREDIENTS

- 1 tablespoon canola or vegetable oil
- 1 (12.5 ounce) can white chicken, drained
- ½ cup prepared barbecue sauce
- 1 (15 ounce) can black beans (no salt added, or low sodium preferred), drained and rinsed
- 1 (15.25 ounce) can corn (no salt added, or low sodium preferred), drained and rinsed
- 4 cups brown rice
- 2 cans of fruit (canned in 100% juice or water preferred)

PREPARATION

1. Prepare 4 cups of brown rice according to provided instructions.
2. Heat large skillet over medium-high heat and add 1 tablespoon canola oil.
3. Add chicken, barbecue sauce, beans and corn, and stir to combine. Cook until hot, 4-5 minutes.
4. Serve warm, over cooked brown rice. Serve your fruit of choice as a side dish.



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