



One-Pot Cilantro Lime Chicken & Rice

Melissa Boyajian

Tasty Team

Ingredients

for 6 servings

- 1 lb boneless, skinless chicken breast, cubed
- 1 tablespoon olive oil
- 1 yellow onion, diced
- 2 poblano peppers, chopped
- 2 cloves garlic cloves, minced
- 2 ½ cups low-sodium chicken broth
- 1 lime, juiced
- 14 ½ oz canned cooked black beans, rinsed and drained
- 2 diced tomatoes
- 1 ½ cups jasmine rice, uncooked, rinsed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons cilantro, chopped

Nutrition Info

Calories **569**

Fat **24g**

Carbs **56g**

Fiber **8g**

Sugar **11g**

Protein **30g**

Estimated values based on one serving size.

Preparation

- 1** In a skillet, heat a small amount of oil on medium–high heat. Add chicken and season with salt and pepper.
- 2** Cook the chicken thoroughly, about 6-8 minutes. Remove the chicken from the skillet and set aside.
- 3** Add remaining olive oil to the skillet. Add onion and peppers and sauté for 5-7 minutes.
- 4** Add garlic and cook for an additional minute.
- 5** Add the chicken broth, lime juice, black beans, tomatoes, rice, salt, and pepper and stir to combine.
- 6** Reduce heat, cover, and simmer for 15-20 minutes or until rice is cooked through.
- 7** Add chicken back to the pot. Add cilantro and combine.
- 8** Serve immediately.
- 9** Enjoy!