

Skillet Queso Blanco Chicken & Rice

Recipe makes 6 meals

Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **3 cups Chicken Broth**
- **1.5 cups White Rice, dry**
- **15 oz jar Queso Blanco**
- **15 oz can of Corn, drained**
- **1 large Red Bell Pepper, chopped**
- **1 small White Onion, chopped**
- **2 Tbsp Olive Oil, divided**
- **1 Tbsp Adobo, divided**
- **1/2 Tbsp Garlic Powder**
- **1 tsp Paprika**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 439

Fat - 12g

Carbohydrates - 50g

Protein - 30g

***Fiber - 2g**

**Estimated Cost
Per Meal**

\$1.96

   @zachcoen

www.mindbodyandnutrition.com

Instructions

- 1. Start by placing your chopped chicken in a large mixing bowl and add in 1/2 Tbsp of adobo, 1/2 Tbsp of garlic powder and 1 tsp of paprika. Mix to coat and set aside.**
- 2. Heat a large skillet over medium-high heat and add 1 Tbsp of olive oil. Once your oil is nice and hot, add in your seasoned chicken and cook for 4 - 5 minutes on each side or until your chicken is cooked through and has a nice color on the outside.**
- 3. Once your chicken is done cooking, remove it from the skillet and set it aside. Return that same skillet to the stove and add in 1 Tbsp of olive oil. Add in your chopped bell pepper, onions, and can of drained corn. Mix and let this cook for 3 - 4 minutes.**
- 4. When your onions are translucent, add in 1.5 cups of uncooked rice. Mix and cook for 1 - 2 minutes.**
- 5. Add in 3 cups of chicken broth, mix well, and bring to a boil. Once the liquid starts bubbling, cover with a lid, reduce the heat to medium-low, and cook for about 15 minutes, stirring halfway through to keep it from sticking to the bottom.**
- 6. Once your rice is done cooking, remove the lid and add in your cooked chicken, your jar of Queso Blanco, 1/2 Tbsp of adobo, and mix everything together.**
- 7. Give it a taste and add salt and pepper to preference.**
- 8. Portion everything out into your meal containers and enjoy!**

Notes

- **This is great as is, but with the thick creamy consistency you can get creative and add this to a wrap to make a burrito.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**