

Chipotle Chicken and Rice

Ingredients:

Olive oil (for browning)

1 LB boneless, skinless chicken breast halves (cut into cubes if you want)

1 large onion, chopped

1 large green pepper, diced (about ½ cup- more if wanted)

1 can (10 ¾ oz.) Campbell's Condensed Cheddar Cheese Soup

½ c salsa or picante sauce

1 tsp Chile powder

Minced garlic

1 can (15 oz.) black beans, rinsed and drained

1/2 cup rice, prepared according to package directions (about 2 cups)

Directions:

1. Heat oil, add 2 tsp garlic then brown chicken (keep warm)
2. Either in the same pan w/ chicken removed or in a different pan- add some olive oil
3. Add onion and green pepper- cook until tender
4. Mix in soup, salsa, Chile powder, 2 heaping tsp garlic, and black beans
5. Heat through and let simmer so flavors cook together (about 15 minutes)
6. If you diced chicken- add that to the sauce
7. Serve over rice
8. If not- put chicken and rice on plate, cover with sauce