One Pan Chicken Burrito Bowl

1 pound boneless, skinless chicken breasts, diced into bite sized pieces

3 tablespoon of olive oil

1/4 cup of diced yellow onion

1 cup of uncooked extra-long grain rice

1 14.5 oz can of diced tomatoes, drained

1 15oz can of black beans, drained and rinsed

1/2 teaspoon of garlic powder

1/2 teaspoon of chili powder

1 teaspoon of cumin

2 1/2 cups of low-sodium chicken broth

2 cups of Colby jack, Monterrey jack or cheddar cheese

kosher salt and pepper

freshly diced tomatoes

diced green onions

avocado

Start by sauteing onions in 2 tablespoon of olive oil until they start to soften.

Season diced chicken with 1 teaspoon of kosher salt and 1/2 teaspoon of black pepper.

Add chicken to pan and cook over medium high heat until chicken has started to brown.

Move chicken to one side of pan, in the other side of the pan add an additional tablespoon of olive oil and sauté uncooked rice for about 2 minutes or just until some grains start to turn golden brown.

Stir in black beans, canned tomatoes, chicken broth, garlic powder, chili powder and cumin.  Bring to a simmer, cover and reduce heat to low.

Cook about 20 minutes or until rice is tender.

Season with additional salt and pepper as needed.

Sprinkle with cheese, recover and let set for 2-3 off heat to melt cheese.

Garnish with fresh tomatoes, green onions, olives and avocado.