

# Slow Cooker Chicken Burrito Bowl

## Ingredients:

- 1 pound boneless, skinless chicken breasts (about 2 large breasts)
- 2 tablespoons olive oil
- 3 teaspoons onion powder
- 2 teaspoons garlic powder
- 3 teaspoons chili powder
- 2 teaspoons cumin
- 1 teaspoon kosher salt
- Freshly ground pepper, to taste
- 3 cups low-sodium chicken broth
- 1 15 oz can diced tomatoes, drained
- 1 14 oz can black beans, drained and rinsed
- 2 3/4 cups instant whole grain brown rice
- 1 1/2 cups shredded colby jack cheese

## Instructions:

1. Place chicken breasts in the slow cooker.
2. Pour chicken broth over chicken breasts and stir in canned tomatoes, olive oil, onion powder, garlic powder, chili powder, cumin, salt, and pepper.
3. Cook on low for about 4 hours, until the chicken reaches 165°F (75°C).
4. Remove chicken breasts from the slow cooker.
5. Turn the slow cooker to high and stir in instant rice and black beans.
6. Let cook for 30-45 minutes on high, or until the rice is tender.
7. Add chicken back in, top with cheese, and let cook a few

minutes longer until the cheese is melted.

Enjoy your flavorful and easy-to-make Slow Cooker Chicken Burrito Bowl!