

# Hearty Chili Chicken & Rice

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## Servings: 4

*1 pound boneless/ skinless chicken breast, cut into bite-size pieces*  
*2 tablespoons vegetable oil, divided*  
*2 red and/ or green peppers, chopped*  
*1 tablespoon chili powder*  
*1 can (15.5 ounce) red kidney beans, rinsed and drained*  
*1 can (14.5 ounce) fat-free reduced-sodium chicken broth*  
*1 1/2 cups water*  
*1 package Knorr's Sides spanish rice mix*

## Preparation Time: 10 minutes

Season the chicken, if desired, with salt and pepper. Heat one tablespoon of oil in a large saucepan over medium-high heat. Cook the chicken, stirring occasionally, until the chicken is 165 degrees, about 5 minutes. Remove and set aside.

In the same saucepan, heat the remaining oil. Cook the peppers with the chili powder over medium-high heat, stirring occasionally, until the peppers begin to soften, about 2 minutes. Stir in the beans, broth, 1-1/2 cups of water and the rice mix. Prepare according to the rice mix package directions. Stir in the chicken.

Serve, if desired, with sour cream, shredded cheese and chopped cilantro or scallions.

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Per Serving (excluding unknown items): 221 Calories; 8g Fat (30.1% calories from fat); 11g Protein; 29g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 27mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat.