

# Taste of Home



## Spicy Chicken and Rice Recipe

★★★★☆

As a working Mom with two kids, I have little time to prepare something hearty during the week. This recipe is easily tossed together in the morning and fabulous to come home to at night. Both my picky eaters love it!  
—Jessica Costello, Westminister, Massachusetts

**TOTAL TIME:** Prep: 20 min. Cook: 5-1/2 hours

**YIELD:** 8 servings

### Ingredients

- 4 boneless skinless chicken breast halves (6 ounces each)
- 2 cans (14-1/2 ounces each) diced tomatoes with mild green chilies, undrained
- 2 medium green peppers, chopped
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 teaspoon smoked paprika
- 3/4 teaspoon salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground chipotle pepper
- 6 cups cooked brown rice
- 1 can (15 ounces) black beans, rinsed and drained
- 1/2 cup shredded cheddar cheese
- 1/2 cup reduced-fat sour cream

### Directions

1. Place chicken in a 4- or 5-qt. slow cooker. In a large bowl, combine the tomatoes, green peppers, onion, garlic, paprika, salt, cumin and chipotle pepper; pour over chicken. Cover and cook on low for 5-6 hours or until chicken is tender.
2. Shred chicken with two forks and return to the slow cooker. Stir in rice and beans; heat through. Garnish with cheese and sour cream. **Yield:** 8 servings.

### **Nutritional Facts**

1-1/3 cups chicken mixture with 1 tablespoon cheese and 1 tablespoon sour cream: 389 calories, 7g fat (3g saturated fat), 59mg cholesterol, 817mg sodium, 53g carbohydrate (10g sugars, 7g fiber), 27g protein.

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