



Naked Chicken Burrito Bowl



I love to eat at places like Qdoba® and Chipotle®, so I created my own chicken burrito at home, minus the tortilla! This is very easy for a weeknight meal and is very filling and healthy; the recipe can easily be increased for more people.

By Janessa

Prep: 5 mins

Cook: 21 mins

Total: 26 mins

Servings: 2

Yield: 2 servings



Ingredients

2 breast half, bone and skin removed (skinless, boneless chicken breasts

½ teaspoon garlic powder, or to taste

1 pinch salt and ground black pepper to taste

1 (15.25 ounce) can white corn kernels, drained

1 (15 ounce) can black beans, drained

1 ½ cups cooked long-grain white rice

½ cup shredded Monterey Jack cheese

¾ cup chopped lettuce

⅓ (8 ounce) jar salsa

½ cup sour cream

Directions

Step 1

Preheat grill for medium heat and lightly oil the grate.

Step 2

Season chicken breasts with garlic powder, salt, and black pepper.

Step 3

Grill chicken until no longer pink in the center and cooked through, about 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Cut chicken into strips or bite-sized pieces.

Step 4

Warm corn and black beans in separate saucepans over medium-low heat, covered, until heated through, about 5 minutes.

Step 5

Layer cooked rice, corn, black beans, and chicken on 2 serving plates. Top with Monterey Jack cheese, lettuce, salsa, and sour cream.

Cook's Notes:

Substitute Mexican garlic seasoning for the garlic powder if desired.

Tips

Chipotle salsa works well for the topping!

Tips

I recommend using a George Foreman(R) grill to cook the chicken.

Nutrition Facts

Per Serving:

894.4 calories; protein 55.8g 112% DV; carbohydrates 114.8g 37% DV; fat 26.5g 41% DV; cholesterol 117.6mg 39% DV; sodium 1997.5mg 80% DV.

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