

Chicken Tinga Bowls with Calabacitas & Brown Rice



Makes 4 servings

Active time: **50 minutes**

Total time: **50 minutes**

Course: **Dinner**

In Mexico, chicken stewed with tomatoes and chipotle peppers is known as tinga (teen-gah). Its often served in tacos or on tostadas. The side of sautéed squash is called calabacitas. Serve this tinga recipe over brown rice and sprinkle with cheese for a healthy one-bowl dinner thats super-satisfying.

Ingredients

- 1 cup brown basmati rice
- 2 cups water
- 1 cup finely chopped white onion (1 medium)
- 1 14-ounce can no-salt-added diced tomatoes
- 4 medium fresh tomatillos, husks removed
- 3 tablespoons tomato paste
- 1 tablespoon cider vinegar or red-wine vinegar
- ¾ teaspoon chipotle chile powder or to taste
- ½ teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 1 tablespoon canola oil
- 2 cups shredded cooked chicken
- ½ cup finely chopped red bell pepper (1/2 medium)
- 1 small yellow summer squash
- 1 small zucchini
- 1½ tablespoons crumbled cotija or feta cheese

Preparation

1. Combine rice and water in a medium saucepan. Bring to a boil over medium-high heat. Cover, reduce heat to low, and simmer until the water has been absorbed, 35 to 40 minutes.
2. Meanwhile, combine 1/2 cup onion, tomatoes, tomatillos, tomato paste, vinegar, chipotle, thyme, 1/4 teaspoon salt, and garlic powder in a blender. Puree until smooth, about 2 minutes.

3. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add the blended sauce (careful, it will splatter) and bring to a simmer. Reduce heat and simmer, stirring occasionally, until the sauce thickens enough that a wooden spoon leaves a trail when scraped across the bottom of the pan, 15 to 20 minutes. Add chicken and cook, uncovered, until warmed through, about 3 minutes.
4. When the rice is almost done, heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add bell pepper and the remaining 1/2 cup onion; cook, stirring, for 2 minutes. Add summer squash and zucchini; cook, stirring, until the vegetables are tender-crisp, about 3 minutes.
5. Divide the rice among 4 bowls and top with the vegetable mixture and the chicken mixture. Sprinkle with cheese.

Nutrition

Per serving: 397 calories; 46 g carbohydrates; 10 g fat (2 g sat, 0 g mono); 34 g protein; 79 mg cholesterol; 6 g dietary fiber; 833 mg potassium; 468 mg sodium.

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