

## Chicken

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# Chicken Taco Rice

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**Servings: 4**

**Preparation Time: 15 minutes**

**Cook time: 20 minutes**

**1 pound boneless/ skinless chicken breast, cut into 1-inch strips**

**1 medium green pepper, chopped**

**1/3 cup chopped onion**

**2 tablespoons olive oil**

**1 can (14 1/2 oz) reduced-sodium chicken broth**

**1 can (8 oz) tomato sauce**

**3 tablespoons taco seasoning mix**

**2 cups instant brown rice**

**1 can (15 1/4 oz) whole kernel corn, frozen, drained**

**reduced-fat sour cream (optional)**

**shredded cheddar cheese (optional)**

In a large skillet, saute' the chicken, pepper and onion in oil until the chicken is no longer pink.

Add the broth, tomato sauce and taco seasoning. Bring to a boil. Stir in the rice and corn.

Reduce the heat. Cover and simmer for 5 minutes or until the liquid is absorbed. Remove from the heat.

Let stand for 5 minutes.

Serve with toppings of your choice.

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Per Serving (excluding unknown items): 373 Calories; 7g Fat (17.0% calories from fat); 7g Protein; 73g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 543mg Sodium. Exchanges: 4 Grain(Starch); 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.