Chipotle Chicken And Beans

Taste of Home One -Dish Meals

Servings: 6

If cannellini beans are not available, they are also known as white kidney beans. If neither is available, navy beans or great northern beans may be substituted.

3/4 cup water, divided
1/2 cup reduced-sodium chicken broth
1/2 cup uncooked long grain rice
6 4-ounce boneless/skinless chicken breasts
1/4 teaspoon salt
3 bacon strips, diced
1 cup onion, chopped
3 cloves garlic, minced
1 cup plum tomato, chopped
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/2 cup whole-berry cranberry sauce
4 1/2 teaspoons minced chipotle peppers in adobo sauce
1 1/2 teaspoons lime juice
1 can (15 oz) black beans, rinsed and drained
1 can (15 oz) white kidney or cannellini beans, rinsed and drained

In a small saucepan, bring 1/2 cup water and broth to a boil. Stir in rice. Reduce heat; cover and simmer for 15-18 minutes or until rice is tender.

Meanwhile, cut each chicken breast widthwise into six strips. Sprinkle with salt. In a large nonstick skillet coated with cooking spray, cook the chicken for 5 minutes on each side or until lightly browned. Remove and keep warm.

In the same skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reseving 1/2 teaspoon of drippings. In the drippings, saute' onion until tender. Add garlic; cook 1 minute longer. Add the tomatoes, cumin and cinnamon; cook for 2 minutes. Stir in the cranberry sauce, chipotle peppers, lime juce and remaining water. Bring to a boil.

Return chicken to the pan. Reduce heat; cover and simmer for 6-10 minutes or until chicken is no longer pink. Remove and keep warm. Add rice and beans to the skillet; heat through.

Serve chicken over bean mixture; sprinkle with bacon.

Per Serving (excluding unknown items): 148 Calories; 2g Fat (12.9% calories from fat); 9g Protein; 25g Carbohydrate; 6g Dietary Fiber; 3mg Cholesterol; 146mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat.