

# CILANTRO CHICKEN AND RICE WITH BLACK BEANS... IN ONE PAN!!!

If you don't have a dishwasher, (ours is named Greg) then dinner cooked using 1 pan is awesome, especially if it's not too labor intensive and tastes great! Although the recipe has green chilies in it, the canned ones are not hot but are flavorful. If you want to add some heat on your own though, have at it! By the way, DO NOT use minute rice; it absorbs moisture at a different ratio. I strongly recommend Uncle Ben's Original Long Grained Rice which I use in all my dishes that require rice, even if it is not specifically mentioned.

## INGREDIENTS:

1 Pound Chicken Breast (boneless and skinless) diced into ½ inch cubes  
1 Tablespoon Olive or Vegetable Oil  
4 Green Onions/Scallions, chopped, and separated between light and green  
3 Cloves Garlic, minced  
3 Cups (24 oz.) Chicken Broth  
1 Can (4 oz.) Green Chilies  
1 Lime to produce the following:  
    2 teaspoons Lime Zest  
    3 Tablespoons Lime Juice  
2 Cans (14.5 oz.) Black Beans, rinsed and well drained  
1 ½ Cups Long Grain Rice  
1 teaspoon Salt  
½ teaspoon Black Pepper  
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½ Cup Chopped Cilantro

## Optional Toppings:

Sour Cream (optional)  
Shredded Cheddar Cheese (optional)  
Diced Onions (optional)

## DIRECTIONS:

Cut up the chicken into ½ inch pieces, about the size of your thumb from the nail up. NOTE: thumb is not part of this dish, so please exercise caution.

Slice the 4 green onions, separating the green from the white as best you can. If you're not sure, put it in the white pile.

Zest 2 teaspoons of lime peel using a zesting tool, fine grater, or wood file (which is what I use). Cut lime in half and squeeze into a bowl. You will need a bit less than ¼ Cup of juice.

Measure out chicken broth and have it readily available.

Heat oil in a Dutch Oven over medium-high heat. When hot, add the diced chicken, salt and pepper, and sauté until mostly cooked, about 2 minutes. (It will cook thoroughly later) After 2 minutes of sautéing, add the light green onions and garlic, then sauté for 1 more minute. Immediately stir in the chicken broth.

Add the rice, green chilies, lime zest and juice, and rinsed black beans, stirring well to incorporate. Bring to a boil, stirring often, then reduce to a simmer. Cover your pot, and set a timer for 30 minutes.

When your time has expired, stir the rice/chicken mixture and take a small spoonful from the pot, let it cool, then taste it. Add salt and pepper as necessary. If the rice isn't done for some reason, add ¼ Cup boiling water (use your microwave), stir into the pot, then cover and simmer for another 10 minutes. If the mixture is too soupy, bump the heat up to medium, and stirring very frequently, cook down to desired consistency.

\*\*\*NOTE\*\*\* Don't let the above step worry you, everything will most likely be fine, but the variables of different rice types, pot thicknesses and densities, and temperatures of various cook tops can have a significant influence on the final results, so I just wanted to give some tips if things don't turn out quite right,

If you are satisfied with the rice and the seasoning, add the ½ cup chopped cilantro and the green parts of the green onions, stirring well to incorporate. Allow your masterpiece to rest for 3 minutes or so before serving.

Serve in a pasta bowl or on a plate, and top with cheese, onions, sour cream, or extra cilantro as you deem appropriate.