

Serves 4 • Serving size: 9.6-oz./273 g



PREP: 5 minutes  
COOK: 10 minutes

date  
me

Tupperware®

## Chicken Burrito BOWLS

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- 1 lb./455 g boneless skinless chicken breasts\*
- 1 tsp. Simple Indulgence Southwest Chipotle Seasoning Blend
- 2 cups instant white rice
- 2 cups water
- 15-oz./425 g can black beans, drained and rinsed

1. Slice chicken breasts into long strips and sprinkle with seasoning blend.
2. Place rice and water in TupperWave® Stack Cooker 3-Qt./3 L Casserole.
3. Stack 1¾-Qt./1.75 L Casserole on top of 3-Qt./3 L Casserole. Place black beans in center of 1¾-Qt./1.75 L Casserole. Surround black beans with chicken strips.
4. Invert ¾-Qt./750 mL Casserole/Cover to create a third layer and add remaining chicken strips.
5. Microwave all three stacked layers of the Stack Cooker on high power 8–10 minutes, until chicken is cooked through (internal temperature reaches 165° F/75° C or meat is white and juices run clear). Allow to rest 2 minutes.
6. Serve with desired toppings and condiments.

*\*Chicken tenders can be used in place of chicken breasts, if desired.*

Nutritional Information (per serving):

Calories: 400 Total Fat: 4g Saturated Fat: 0.5g Cholesterol:75mg Carbohydrate: 58g Sugar: 0g Fiber: 5g Protein: 32g Sodium: 610mg Vitamin A: 0% Vitamin C: 2% Calcium: 6% Iron: 20%

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