**IAF YEP’s Summer Fiesta Chicken**

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

Servings: 6 to 8 servings

This is a great recipe to tweak and make you your own!

**Ingredients**

* 4 teaspoons extra-virgin olive oil
* 2 pound boneless skinless chicken breasts, cut into large chunk size pieces
* 1 medium yellow onion or red onion, chopped (about 1 cup)
* 1-2 pk cream cheese, room temperature (optional due to other cheeses involved, but I add this)
* 2 tablespoon garlic powder
* 2 teaspoons onion powder
* 2 teaspoons paprika
* 1 teaspoon smoked paprika
* 3 teaspoons dried dill weed (optional)
* 1 teaspoon cumin
* 1 teaspoon sea salt
* 1 teaspoon cayenne pepper use 1/4 teaspoon or less if sensitive to spice. I use 2 tsp…lol
* 2 red bell pepper and 2 green bell pepper cored and chopped/diced…I like to use a bag of multi-color peppers.
* 2 cans black beans (15oz x 2) rinsed and drained
* 2 cans sweet corn drained. (optional, but I add this)
* 2 cans fire-roasted diced tomatoes in their juices (14.5oz x 2)
* 3 cups instant brown rice or quinoa… do not use white minute rice or regular rice as these will cook differently
* 2 cup low-sodium chicken stock
* 1 1/2 cups freshly grated cheddar cheese, or smoked Gouda, or half and half these cheeses.
* Optional for serving: chopped fresh cilantro diced avocado, plain nonfat Greek yogurt (or sour cream)

**Instructions**

Heat the olive oil in large nonstick skillet, or Wok (I prefer my Wok), over medium-high heat. Add the chicken, onion, garlic powder, onion powder, paprika, dill, salt, cumin, and cayenne pepper. Sauté, stirring often, for 3 minutes, until the chicken is beginning to brown on the outside.

* Stir in the red bell pepper, green bell pepper, black beans, tomatoes, rice, and chicken stock. Bring to a boil, and then cover and simmer on low heat for 10 minutes, or until the chicken is done and the rice is nearly tender, then stir in cream cheese. Let stand, covered, for 10 minutes, until the liquid is absorbed. Taste and adjust seasonings as desired. Shred chicken with forks for a better consistency if making burritos with it.
* Sprinkle with cheese and any additional desired toppings. Serve warm with tortilla chips or wraps to make a tasty burrito, which is my fav way to eat it.