

Crispy Buffalo Chicken & Cheesy Rice

Recipe makes 6 meals

Ingredients

- 20 oz bag Sprouts Buffalo Bites
- 14.5 oz can Sprouts Fire Roasted Diced Roma Tomatoes
- 12 oz frozen Riced Broccoli
- 8 oz bag Banza Chickpea Rice
- 8 oz Sprouts Blanco Queso
- 6 cups Water
- 1 Tbsp Butter
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 398

Fat - 15g

Carbohydrates - 41g

Protein - 27g

***Fiber - 7g**

**Estimated Cost
Per Meal**

\$4.08

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Instructions

- 1. Start by adding 6 cups of water to a large skillet and bring to a boil. Add in your bag of Banza rice and stir. Reduce the heat to a simmer and let this cook for 4-5 minutes.**
- 2. Once your rice is cooked though, strain it and set it aside.**
- 3. Return that same skillet back to the stove on medium-heat, melt in 1 Tbsp of butter, then add in your frozen riced broccoli.**
- 4. While your broccoli is cooking, cook your chicken in the air fryer on 400°F for 8-10 minutes, or until crispy. When done, set aside (chop up if you prefer).**
- 5. When your broccoli is done, mix in your cooked Banza rice, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, your can of fire roasted tomatoes, and 8 ounces of queso. Add salt/pepper to taste.**
- 6. Once everything is done, portion your rice out into your meal containers, top with your chicken, and enjoy!**



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Notes

- **This meal was done as part of a sponsorship deal with Sprouts Farmers Market. If you do not have access to this particular market, you can easily find alternatives for the ingredients at most grocery stores.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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